



# UCOOK

## Girasoli Beef Bolognese

**with a burnt sage butter**

To turn to the sun. That is the meaning in Italian of girasoli, a delicate, sunflower-shaped filled pasta that is not only stunning to look at but also to eat. Coated in a beautiful beef bolognese sauce, these chilli tomato pockets are finished with a decadent sage-infused burnt butter and crispy sage leaves for garnish.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Adventurous Foodie

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Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice ½</i>
150g	Free-range Beef Mince
15ml	Spice Mix <i>(7,5ml NOMU Peri-peri Rub &amp; 7,5ml NOMU Provençal Rub)</i>
1	Garlic Clove <i>peel &amp; grate</i>
100ml	Tomato Passata
175g	Chilli Tomato Girasoli
3g	Fresh Sage <i>rinse</i>
20ml	Grated Italian-style Hard Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. BEGIN WITH BOLOGNESE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the spice mix and the grated garlic. Pour in the tomato passata and 150ml of water. Simmer until thickened, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen with an extra splash of water. Add a sweetener (to taste) and season.

**2. IT'S A GO FOR GIRASOLI** Boil the kettle. Bring a pot of salted water to a boil for the girasoli. Cook the girasoli until they float to the surface, 1-2 minutes. Drain and toss through a drizzle of olive oil.

**3. SAGE BURNT BUTTER** Place a pan over medium-high heat with a drizzle of oil and 30g of butter. Once foaming, fry the rinsed sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Drain on paper towel. Reserve the sage-infused butter for serving.

**4. PERFECT PASTA** Plate up the girasoli. Top with the bolognese sauce. Scatter over the cheese. Drizzle over the sage burnt butter and top with the crispy sage leaves. Stunning, Chef!

## Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	9.8g
Carbs	14g
of which sugars	2.6g
Fibre	0.9g
Fat	8.1g
of which saturated	3.4g
Sodium	257mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days