



UCCOOK

Beef Spaghetti Bolognese

with fresh parsley

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Fryer's Cove | Fryers Cove Grenache Cinsault

Nutritional Info	Per 100g	Per Portion
Energy	558kJ	3541kJ
Energy	133kcal	847kcal
Protein	6.7g	42.3g
Carbs	15g	94g
of which sugars	3.6g	22.8g
Fibre	1.8g	11.7g
Fat	4.8g	30.8g
of which saturated	1.8g	11.5g
Sodium	89mg	564mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Spaghetti
1	1	Onion <i>peel & roughly dice ½ [1]</i>
120g	120g	Carrot <i>rinse, trim, peel & roughly dice</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Italian Rub
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Tomato Paste
100ml	200ml	Tomato Passata
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey (optional)

1. START THE SPAG BOL Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water and toss through a drizzle of olive oil.

2. WHILE THE PASTA IS ON THE GO... Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and carrot until golden, 3-4 minutes (shifting occasionally). Add in the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (stirring occasionally). In the final 1-2 minutes, add the NOMU rub, the garlic, and the tomato paste, and fry until fragrant. Lower the heat and pour in the passata, 50ml [100ml] of pasta water and a sweetener of choice (optional). Bring to a simmer and cook until reduced and thick, 10-12 minutes (stirring occasionally). If the bolognese sauce is too thick, loosen it with a splash of the reserved pasta water. Season to taste.

3. TIME TO DINE Pile up the spaghetti and spoon over the bolognese. Garnish with the parsley. Buon appetito, maestro!