



Quick Underberg Spaghetti Bolognese

Ingredients

For 4 servings

- 2 cloves of garlic
- 1 onion
- 1 tablespoon tomato paste
- 400 g minced meat
- 400 g chopped canned tomatoes 80 ml red wine
- 2 cl Underberg
- 1 pinch of sugar
- 1 tbsp olive oil
- 1 tbsp paprika powder, sweet
- 1 tablespoon dried oregano

- 1 tablespoon dried basil
- 1 tsp dried vegetable stock
- salt, pepper
- 500 g spaghetti
- Parmesan cheese

Preparation

Peel and finely chop garlic and onion.

Heat 1 tablespoon olive oil in a frying pan. Add minced meat and fry over high heat for 5-6 minutes.

Add garlic, onion, spices and dry broth and sauté for 1-2 minutes.

Add tomato paste to the pan and stir in, sauté briefly. Pour everything with Underberg and red wine, add sugar and bring everything to a boil.

Add chopped canned tomatoes, stir and let everything simmer with closed lid at medium heat for 15 minutes.

In the meantime, cook spaghetti in boiling salted water until al dente. Grate the Parmesan cheese.

Season the Bolognese with salt and pepper and serve together with the spaghetti and Parmesan.

Preparation time: 30 minutes

Nutritional values per serving: 577,7 kcal / 2419,9 kj

51.4 g carbohydrates

29.4 g protein

24.6 g fat