

# PASTA BOLOGNESE

## Food Sock



PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

### PASTA BOLOGNESE

#### RECIPE SUGGESTION:

Add a tin of mixed tomato and onion to increase volume and a fresh flavour. Extend with some extra cooked mince.

#### PREPARATION GUIDE:

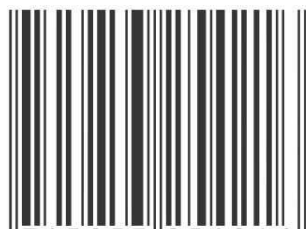
~ MEAL FOR 4 ~

Cook all ingredients with approx. 6 cups (1.5 L) boiling water. Cook until the pasta is cooked to your liking. STIR WHILE COOKING.

#### NUTRITIONAL INFO

TOTAL (g)  
Serving / 100

|                              |      |      |
|------------------------------|------|------|
| Energy (kJ)                  | 739  | 844  |
| Protein (g)                  | 11   | 12.2 |
| Carbohydrates (g)            | 32   | 36.5 |
| of which total sugar (g)     | 8    | 9.3  |
| Total Fat                    | 0.7  | 0.8  |
| of which total Saturated Fat | 0.2  | 0.2  |
| Dietary Fibre (g)            | 2.9  | 3.4  |
| Sodium (g)                   | 0.2  | 0.2  |
| Cholesterol (mg)             | 0.9  | 1    |
| Potassium (mg)               | 47.6 | 54.4 |



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#### INGREDIENTS:

Soy, Beans & Pulses,  
Pasta, Flavourings,  
Spices, Dehydrated  
Vegetables.

Allergens: Soy, Gluten,  
Egg.

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# Creamy Pepper Steak Pasta Bake

## Pasta Bolognaise Sock

### Ingredients:

500g Cubed Beef Steak  
 Oil  
 10ml Fine Black Pepper  
 375ml Cream  
 2 x Beef Stock Cubes  
 1L boiling water  
 250ml Grated Cheddar Cheese  
 30ml Chopped Parsley



### Preparation:

1. Preheat the oven to 190 °C.
2. Coat the steak with some oil and season with black pepper.
3. Heat a large pan/pot and fry the steak until brown.
4. Dissolve stock cubes in boiling water and add the pasta bolognaise Sock and cream.
5. Simmer until ingredients are soft.
6. Transfer the mixture to a greased ovenproof dish. Top with grated cheese and parsley.
7. Cover the dish with foil and bake for 30 minutes at 190 °C.
8. Remove the foil from the dish and bake until cheese is golden brown.

### Notes:

\* Optional

# Sock Pastitsio

## Pasta Bolognaise Sock

### Ingredients:

500g x Beef Mince\*  
1.5L water  
2 x sliced Onions  
15ml Crushed Garlic  
10ml Crushed Ginger  
Oil  
Salt & Pepper to Taste  
2ml Fine Nutmeg  
1 x Can Chopped Tomatoes  
50g Tomato Paste  
20ml Sugar  
4 x Eggs  
25ml Cake Flour  
5ml Mustard Powder  
Pinch of Salt



### Preparation:

1. Preheat the oven to 180 °C.
2. In a large pot, heat the oil and sauté the onions, garlic, ginger & nutmeg until the onions are soft.
3. Add the mince and flake with a fork. Cook until brown.
4. Add the Pasta Bolognaise Sock and mix well.
5. Add the water, tomatoes and tomato paste and cook on low heat. Stirring often.
6. Once cooked, transfer to a greased ovenproof dish.
7. Beat the eggs, flour, mustard and salt together and pour over mixture.
8. Bake for 40 minutes or until cooked.

### Notes:

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\* Optional



# Boerewors & Cabbage Pasta

## Pasta Bolognaise Sock

### Ingredients:

1 x Small Cabbage (Shredded)  
 1 x Can Chopped Tomatoes  
 15ml Oil  
 10ml Crushed Garlic  
 2ml Crushed Chilli Flakes\*  
 500g Boerewors (Cut into bite sizes)  
 1pkt Brown Onion Soup  
 Salt & Pepper to Taste



### Preparation:

1. Heat the oil in a pan and fry the onion, garlic, chilli flakes and boerewors until the boerewors have browned.
2. Add the pasta bolognaise sock and mix until well combined.
3. Add 1,5litres of water, tomatoes and shredded cabbage and cook until the wors and pasta is cooked.
4. Make a paste of the soup powder and add to the pot. Mix well and simmer for 5 minutes until cooked through.
5. Serve with chopped parsley.

### Notes:

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\* Optional

# Meaty Pizza Pasta Bake

## Pasta Bolognaise Sock

### Ingredients:

1 x Tin Tomato & Onion Mix  
 375ml Grated Mozzarella/Cheddar  
 200g Sliced Salami or  
 Fried Bacon/Mince  
 Crushed Garlic\*  
 Salt & Pepper to Taste  
 Water



### Preparation:

1. Preheat the oven to 180 °C.
2. Cook the Pasta Bolognaise Sock ingredients as per instructions. Once cooked, add half a cup of cheese and mix through.
3. In a medium size greased ovenproof dish, spread the Pasta Bolognaise. (Press down).
4. Spread the tomato and onion mix on top, followed by the remaining cheese and lastly your choice of meat.
5. Season with salt & pepper.
6. Bake for 20 minutes until crispy and brown.

### Notes:

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\* Optional

# Pasta Bolognaise Lasagne

## Pasta Bolognaise Sock

### Ingredients:

#### **FILLING:**

500g Beef Mince\*  
 2 x Sliced Onions  
 15ml Crushed Garlic  
 10ml Crushed Ginger  
 Oil  
 Salt & Pepper to Taste  
 2ml Fine Nutmeg  
 1 x Can Chopped Tomatoes  
 50g Tomato Paste  
 20ml Sugar

#### **CHEESE SAUCE:**

100ml Margarine/Butter  
 50ml Flour  
 50g White Onion Soup Powder  
 3ml Mustard Powder\*  
 500ml Milk  
 Salt & Pepper to Taste  
 250ml Grated Cheddar Cheese



### Preparation:

1. Preheat the oven to 180 °C.
2. In a large pot, heat the oil and sauté the onions, garlic, ginger & nutmeg until the onions are soft. Add the mince, flake with a fork and cook until brown. Add the pasta bolognaise Sock and mix well.
3. Add 1.5 litres water, tomatoes and paste and cook on low heat, stirring often.
4. Once the pasta is cooked, season with salt and pepper & sugar.

#### **CHEESE SAUCE:**

1. Melt the margarine and add the flour, mustard powder & soup powder.
2. Mix until smooth and add the milk little by little. Bring to the boil and stir continuously until the sauce has thickened.
3. Add the grated cheese and mix well. Season with salt and pepper.
4. Grease an ovenproof dish. Layer the bolognaise mix, followed by the cheese sauce. Repeat until you finish with the cheese sauce.
5. Sprinkle some parsley. Bake in the oven for 25-30 minutes until the cheese has melted and the dish is warmed through.
6. Serve with a fresh garden salad.