



HOME CHEF

FETTUCCINE BEEF BOLOGNESE

With Rich Tomato Sauce and Shaved Parmesan



Bolognese sauce can take on many forms and require varying levels of commitment to prepare, from all-day to a quick spin in the microwave. We prefer something in-between. It was first described in a recipe from the 18th Century in Bologna, Italy, and over time has come to refer to a thick tomato-based sauce containing beef or pork. The fettuccine grabs onto the sauce as the two twirl together in a beautiful embrace.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

DIETARY



NUT-FREE



SOY-FREE

NUTRITION

Calories: 1169
Carbohydrates: 88g
Fat: 55g
Protein: 80g
Sodium: 828mg
per serving

DRINK PAIRING

Cabernet
Chianti
Merlot

INGREDIENTS

1 Yellow Onion
1 Carrot
1 Celery Stalks
3 Basil Sprigs
1 tsp. Dried Oregano
14 oz. Crushed Tomatoes
2 Tbsp. Butter
1 ½ oz. Shaved Parmesan
8 oz. Fettuccine Pasta

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Medium Pan
Colander

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Prepare the Ingredients

Bring a medium pot of **salted water** to a boil. Thoroughly rinse produce and pat dry. Peel and finely dice **onion**. Peel, remove end and finely dice **carrot**. Finely dice **celery**, reserving a few whole leaves for garnish. Stem and chiffonade the **basil** (stack the leaves, roll them into a cylinder, and cut perpendicular to the roll), reserving a few whole leaves for garnish.



Cook the Vegetables

In a medium pan, heat 2 tsp. of **olive oil** over medium heat. Add **diced onion** and cook about five minutes. Add **diced carrot** and **celery** and cook five more minutes. Add **dried oregano**.



Cook the Ground Beef

Move **vegetables** to the outside edges of the pan, freeing up space in the middle. Turn the heat to high and add **ground beef**. As beef cooks, use a wooden spoon to break the meat into crumbles.



Finish the Bolognese

When the beef is browned and no longer pink, about 5-6 minutes, add the **crushed tomatoes**. One sauce begins to boil, reduce heat to a simmer. Cook 10 more minutes until some of the liquid has evaporated and the sauce thickens. Remove from the heat and stir in the **butter**, **half of the Parmesan**, and **basil chiffonade**.



Cook the Pasta & Toss with Sauce

Add the **fettuccine** to the **boiling water** and stir constantly for the first 30 seconds to prevent the noodles from clumping together. Cook for 8-10 minutes, or until al dente (Italian for "to the tooth", meaning the pasta is still a bit firm). Drain in a colander and add directly to the pan of **bolognese sauce**. Toss to coat evenly.



Plate

Twirl the **pasta** in the center of a plate or shallow bowl. Top with more of the **bolognese**. Garnish with **remaining Parmesan** and **basil sprig**.