

PUMPKIN BEEF BOLGNESE

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COOK TIME: 60mins

SERVES: 4

CALORIES: 708 kcal (PER SERVING)

INGREDIENTS

400 g/14 oz pasta
600 g/1.5 pounds ground beef
500 g/4 cups diced pumpkin, with skin, seeded
750 ml/3 cups puréed tomatoes
1 3/4 cups/400 ml beef stock (or chicken or vegetable stock)
2 shallots, finely chopped
3 garlic cloves, minced
1 small or 1/2 large fennel bulb, trimmed and diced
1 celery rib, finely chopped
3 tbsp olive oil
1 tsp each: dried thyme, dried sage, dried marjoram, smoked paprika, chili flakes
1 bay leaf
1 heaped tbsp tomato paste
sea salt + black pepper
ricotta, whipped with 1 tbsp olive oil,
1 tbsp grated parmesan, salt + black pepper
fresh thyme, for serving
chili flakes, for serving

DIRECTIONS

Heat oil in a large heavy-based saucepan or Dutch oven. Add onion, garlic and celery, cook, stirring occasionally, over medium-low heat for 5 minutes.

Add the pumpkin cubes, cook for about 5 minutes, stirring frequently. Add fennel, cook for 5 minutes more.

Turn the heat up to high, add ground beef and break it up a little with a wooden spoon. Turn the heat back down to medium and cook for 10 minutes, stirring occasionally, until the meat is cooked through.

Stir in the spices, season with salt and pepper. Add beef stock and bay leaf, simmer for 10 minutes. Then add the tomato purée and tomato paste. Cover, simmer for 10 minutes or until the pumpkin is tender.

In the meantime, bring a pot of salted water to a boil and cook the pasta al dente according to the package directions.

Serve plates of pasta with the sauce and ricotta spooned over top. Add a sprinkle of chili flakes and thyme. Enjoy!

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