



# Wagyu and Zucchini Bolognese Sauce



**789 kcal**  
(per serving)



**20 min**



Featuring a rich and hearty bolognese sauce made with Wagyu that is gently stewed to perfection.

## Makes 2 servings

Ground Wagyu	240 g
Zucchini	1 medium (200 g)
Onion	1/4 medium (50 g)
Garlic	1 small clove
Dried chili pepper	1 small
Tomato sauce	180 ml
Red wine	70 ml
Bouillon granules	3 g
Parsley leaves	1/2
Spaghetti (1.6 mm)	150 g
Salt	Pinch
Black pepper	Pinch
Grated parmesan cheese	5 g
Olive oil	2 and 1/3 tablespoons

1. Dice zucchini into 1 cm cubes.
2. In a frying pan, heat 2 tablespoons of olive oil over medium heat. Saute zucchini for 1 or 2 minutes. Remove zucchini and drain on paper towel to remove excess oil.
3. Mince onion and garlic.
4. De-seed the dried chili pepper.
5. Heat 1/3 tablespoon of olive oil in frying pan and add ground Wagyu. Saute until evenly browned, breaking up meat.
6. Add onion and garlic to pan and continue sauteing.
7. Add dried chili pepper, tomato sauce, red wine, bouillon granules, half of minced parsley, and salt and pepper to pan. Simmer over low heat for about 10 minutes.
8. Bring a large pot of water to a boil. Salt the water (1 tablespoon of salt for every 2 liters) and add spaghetti. Cook spaghetti for about 7 minutes.
9. Add 100 ml of spaghetti cooking liquid to bolognese sauce. Add sauted zucchini and simmer another 1 or 2 minutes over medium-low heat. Season with salt and pepper as needed.
10. Drain cooked spaghetti and add to pan, tossing with bolognese sauce.
11. Plate the spaghetti. Drizzle with olive oil and sprinkle with grated parmesan cheese and minced parsley as desired.