

UCOOK

Chilli Ostrich Linguini

with basil pesto & Italian-style hard cheese

Today we're moving away from the heavier, creamier pasta sauces with this lighter-yet-still-so-satisfying Pesto Princess Basil Pesto based sauce. Al dente linguine is coated in a mouthwatering mixture of basil pesto, cheese & fresh mint, with pops of golden onion & green bell peppers. Rich ostrich chunks and toasted almonds for crunch make this pasta dish the perfect dinner.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Quick & Easy

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
1	Onion <i>½ peeled & finely diced</i>
1	Bell Pepper <i>½ rinsed, deseeded & diced</i>
15ml	Spice Mix <i>(10ml NOMU Italian Rub & 5ml Dried Chilli Flakes)</i>
150g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
125g	Fresh Linguine Pasta
30ml	Pesto Princess Basil Pesto
3g	Fresh Mint <i>rinsed, picked & finely chopped</i>
30g	Italian-style Hard Cheese <i>grated</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GOLDEN VEG Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the diced bell pepper until golden, 4-5 minutes (shifting occasionally). Add the spice mix and fry until fragrant, 1-2 minutes. Remove from the pan and set aside.

3. BUTTER-BASTED OSTRICH Place a pan over high heat with a drizzle of oil. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with the grated garlic and a knob of butter. Remove from the pan, reserving the pan juices. Season and set aside.

4. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

5. BRING ON THE BASIL In a bowl (big enough for the pasta), combine the pesto with $\frac{2}{3}$ of the chopped mint, and $\frac{1}{2}$ the cheese. Add olive oil or warm water in 5ml increments until drizzling consistency. Toss through the cooked pasta, the golden onions & peppers, and the reserved pan juices. Loosen with the pasta water (if necessary).

6. PERFECT PESTO PASTA Plate up the pesto pasta. Top with the remaining cheese and the ostrich. Scatter over the toasted almonds and garnish with the remaining mint.

Nutritional Information

Per 100g

Energy	728kJ
Energy	174kcal
Protein	10.5g
Carbs	19g
of which sugars	2.5g
Fibre	1.9g
Fat	6g
of which saturated	1.4g
Sodium	116.6mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days