



UCCOOK

Simple Ostrich Mince Pasta

with bocconcini balls & fresh basil

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	640kJ	3850kJ
Energy	153kcal	920kcal
Protein	9.6g	57.8g
Carbs	19g	115g
of which sugars	3.3g	20.1g
Fibre	1.8g	10.6g
Fat	4.2g	25.1g
of which saturated	1.6g	9.6g
Sodium	213.6mg	1285mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Rigatoni Pasta
150g	300g	Free-range Ostrich Mince
1 unit	1 unit	UCOOK Napoletana Sauce
40g	80g	Spinach <i>rinse</i>
3	6	Bocconcini Balls <i>cut in half</i>
3g	5g	Fresh Basil <i>rinse & roughly tear</i>

From Your Kitchen

- Oil (cooking, olive or coconut)
- Water
- Sugar/Sweetener/Honey
- Seasoning (Salt & Pepper)

- 1. PERFECT PASTA** Boil a full kettle. Using the freshly boiled water, bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving a cup of water, and toss through a drizzle of olive oil.
- 2. MOUTHWATERING MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).
- 3. NOW FOR THE NAPOLETANA** Add the Napoletana sauce and a splash of the reserved pasta water. Stir until combined and warmed through, 6-8 minutes. Remove from the heat and mix through the spinach. Add a sweetener (to taste), and season.
- 4. ITALY ON A PLATE** Bowl up the pasta and top with the Napoletana mince. Scatter over the bocconcini balls and garnish with the basil.