



# UCOOK

## Creamy Ostrich & Tagliatelle

**with mushrooms, sour cream & fresh green leaves**

A dinner classic with touches of indulgence! Bouncy tagliatelle pasta pairs perfectly with a thick and creamy sauce. It is loaded with tender ostrich strips, button mushrooms, sour cream, smoked paprika & onion. Sided with fresh green leaves for a light finish, this dish certainly doesn't disappoint on flavour!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Fan Faves

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Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

30ml	Stock & Herb Mix <i>(20ml NOMU Provençal Rub &amp; 10ml Beef Stock)</i>
200g	Tagliatelle Pasta
20g	Sunflower Seeds
300g	Free-range Ostrich Strips
250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; roughly slice</i>
120g	Carrot <i>rinse, trim, peel &amp; finely dice</i>
5ml	Smoked Paprika
20ml	Cake Flour
40g	Green Leaves <i>rinse</i>
125ml	Sour Cream

## From Your Kitchen

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

**1. GET GOING** Boil the kettle. Dilute the stock & herb mix with 240ml of boiling water and set aside. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**2. FRY UP** Place the sunflower seeds in a pan (large enough for the stroganoff) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside. Return the pan to medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pan, add to the bowl of ostrich, and season.

**3. SILKY STROG** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, sauté the sliced onion and diced carrot until softening, 4-5 minutes (shifting occasionally). Add the smoked paprika and sauté until fragrant, 30-60 seconds. Stir through the flour and fry, 30-60 seconds (shifting constantly). Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 4-5 minutes (stirring occasionally).

**4. SEASONAL SALAD** To a salad bowl, add the rinsed green leaves and toss with the toasted seeds, a drizzle of olive oil, and seasoning. Set aside.

**5. SO CREAMY!** When the sauce has thickened, add the ostrich and mushrooms, and simmer until cooked through, 1-2 minutes. Stir in the sour cream until combined, 1-2 minutes. Season and remove from the heat.

**6. NEXT LEVEL YUM!** Plate up the pasta and spoon over the creamy ostrich. Serve the dressed green leaves on the side. Voilà, Chef!

## Nutritional Information

Per 100g

Energy	554kj
Energy	132kcal
Protein	7.2g
Carbs	13g
of which sugars	2.9g
Fibre	1.9g
Fat	4.5g
of which saturated	1.4g
Sodium	64mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days