



UCOOK

Green Pepper & Ostrich Pasta

with fresh basil, penne pasta & cooked chopped tomato

Succulent ostrich strips are smothered in a tomato passata sauce and then loaded with green pepper & penne pasta. Garnish it with fresh basil and there you go, Chef! Oh so easy.

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **No paired wines**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

500g	Penne Pasta
600g	Ostrich Strips
2	Onions <i>peeled & roughly sliced</i>
2	Green Bell Peppers <i>rinsed, de-seeded & cut into strips</i>
20ml	NOMU Italian Rub
400g	Cooked Chopped Tomato
15g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. PENNE FOR YOUR THOUGHTS Bring a pot of salted water to the boil for the pasta. When boiling, cook the pasta for 10-15 minutes until al dente. Drain, reserving 2 cups of pasta water, and toss through some olive oil to prevent sticking.

2. OKIDOKI ON THE OSTRICH Place a pan over medium-high heat with a drizzle of oil. When hot, add the ostrich strips and brown for 1-2 minutes, shifting occasionally. Once browned, remove from the pan, season, and set aside.

3. CRUNCHY BITS Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and the pepper strips. Fry for 4-5 minutes until soft, shifting occasionally. Add the rub and fry for 1-2 minutes until fragrant, shifting occasionally.

4. GO, GO, TOMATO When the rub is fragrant, add the cooked chopped tomato and 400ml of pasta water. Simmer for 10-12 minutes until reduced and thickened. In the final minute, add the browned ostrich, the cooked pasta, salt, pepper, and a sweetener of choice. Mix until combined, adding a splash of the pasta water if it's too thick.

5. PASTA DINNER Dish up the loaded penne pasta. Sprinkle over the torn basil. Divine, Chef!

Nutritional Information

Per 100g

Energy	499kJ
Energy	119kcal
Protein	8.3g
Carbs	19g
of which sugars	2.8g
Fibre	1.7g
Fat	1.2g
of which saturated	0.3g
Sodium	200mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days