



UCOOK

Creamy Ostrich Spaghetti

with peas & fresh oregano

Perfectly al dente spaghetti is smothered in a rich & creamy tomato sauce dotted with tender ostrich chunks & vibrant green peas. Garnished with fresh oregano and a generous crack of black pepper. Don't miss out on this creamy Cajun-spiced delight!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Simonsig | Pinotage**

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

Ingredients & Prep

500g	Spaghetti
600g	Ostrich Chunks <i>pat dry & cut into small pieces</i>
2	Onions <i>peeled & finely diced</i>
100ml	Spice & Flour <i>(20ml NOMU Cajun Rub & 80ml Cake Flour)</i>
40ml	Tomato Paste
400ml	Low Fat Fresh Milk
160g	Peas
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. SPAGHETTI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving the pasta water, and toss through a small drizzle of olive oil.

2. ON TO THE OSTRICH Place a pan, large enough for the pasta, over high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned but not cooked through, 30-60 seconds. You may need to do this step in batches. Remove from the pan and season.

3. PASTA SAUCE Return the pan to medium heat with a drizzle of oil and 40g of butter. When hot, fry the diced onion until soft and turning golden, 5-6 minutes. Add the spice & flour, the tomato paste, and a drizzle of oil. Fry until fragrant, 1-3 minutes. Slowly stir in the milk, whisking constantly until thickened. Add the reserved pasta water in increments until a saucy consistency. Season and add the peas. Simmer until the peas are warmed through, 3-4 minutes. Add the cooked pasta, the browned ostrich, and ½ of the chopped oregano. Mix and loosen with more pasta water if it's too thick.

4. IT'S THAT TIME Plate up the creamy pasta, sprinkle over the remaining oregano, and add a generous crack of black pepper. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	650kj
Energy	154kcal
Protein	10.5g
Carbs	23g
of which sugars	3.5g
Fibre	2g
Fat	2g
of which saturated	0.8g
Sodium	72mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days