



UCOOK

Sublime Spaghetti Bolognese

with ostrich mince, fresh basil & Italian-style hard cheese

Whip up this scrumptious spag bol in a jiffy! A thick, glossy sauce of ostrich mince, tomato, Peri-Peri seasoning, and carrot, smothering a base of silky linguine. Served with hard cheese, sunflower seeds, and crisp leaves tossed with balsamic glaze. Hearty and wholesome.

Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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

Ingredients & Prep

30g	Sunflower Seeds
375g	Linguine Pasta
2	Onions <i>1½ peeled & finely diced</i>
450g	Free-range Ostrich Mince
85ml	Red Wine
240g	Carrot <i>rinsed, trimmed & 1½ cups (180g) grated</i>
600g	Cooked Chopped Tomato
15ml	NOMU Peri-Peri Rub
60g	Green Leaves <i>rinsed</i>
30ml	Balsamic Glaze
90g	Italian-style Hard Cheese <i>grated</i>
8g	Fresh Basil <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. TOASTY SEEDS Place a large, deep pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. SHOW ME THE LINGUINE! Place a large pot for the pasta over a high heat and fill with salted water. Once boiling, add a drizzle of oil and cook the pasta for 9-11 minutes until al dente. Drain on completion, reserving 250ml of pasta water for step 3, and return to the pot. Toss through some oil to prevent sticking, cover with a lid, and set aside.

3. WHILE THE PASTA IS ON THE GO... Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 5-6 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 7-8 minutes until browned, stirring occasionally. Mix in the wine and grated carrot, and simmer until the wine has evaporated. Reduce the heat to low and pour in the cooked chopped tomato and 200ml of pasta water. Stir through the Peri-Peri Rub to taste and bring to a simmer. Cook for 15-20 minutes until reduced and thick, stirring occasionally.

4. SWEET & TANGY Toss the rinsed green leaves with the balsamic glaze, a drizzle of oil, and some seasoning. Set aside for serving.

5. ALMOST THERE... If the bolognese sauce is too thick on completion, gradually loosen with the remaining pasta water. Stir through ½ of the grated cheese and season to taste with salt, pepper, and a sweetener of choice (optional). Remove the pan from the heat and add ½ of the bolognese to the pot of pasta. Place the pot over the heat and gently toss until the pasta is coated and warm.

6. TIME TO DINE Pile up the saucy pasta and spoon over the remaining bolognese. Top with the remaining hard cheese and scatter over the sliced basil. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	647kJ
Energy	155Kcal
Protein	8.8g
Carbs	19g
of which sugars	4.2g
Fibre	2.1g
Fat	4.2g
of which saturated	1.1g
Sodium	119mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days