



UCOOK

Cheesy Ostrich & Pesto Ciabattini

with butter beans & spinach

You will feel like a million dollars after tasting this decadently, rich but balanced, indulgent meal, Chef. Tangy tomato & NOMU Italian Rub-spiced ostrich mince, loaded with butter beans and spinach, is covered in melted cheese, then joins the dinner party with a basil-pesto smeared toasted ciabattini roll.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

150g	Free-range Ostrich Mince
75g	Diced Onion
10ml	NOMU Italian Rub
30ml	Tomato Paste
20g	Spinach <i>rinse</i>
60g	Butter Beans <i>drain & rinse</i>
50g	Grated Mozzarella & Cheddar Cheese
1	Ciabatta Roll
40ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. OSTRICH 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. Add the diced onions and fry until soft, 3-4 minutes. Add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Pour in 100ml of water and simmer until slightly thickening and reduced, 5-6 minutes.

2. CHEESE When the sauce has thickened, mix in the rinsed spinach, the rinsed beans, and a sweetener (to taste). Simmer until warmed through, 1-2 minutes. Add seasoning and remove from the heat. Sprinkle over the grated cheese and cover with a lid until the cheese is melted.

3. PESTO ROLLS Halve the ciabattini bun, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes. Smear the pesto over the toasted buns.

4. DINNER IS READY Plate up the cheesy ostrich and side with toasted pesto buns. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	756kJ
Energy	181kcal
Protein	11g
Carbs	12g
of which sugars	1.9g
Fibre	1.7g
Fat	9.7g
of which saturated	2.8g
Sodium	298mg

Allergens

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

Eat
Within
4 Days