



UCOOK

Spanish Tomato Ostrich Pasta

with fresh parsley

Who doesn't love twirling their fork around al dente spaghetti pasta, combined with smoky paprika-infused ostrich mince, coated in a creamy bechamel sauce elevated with notes of tomato paste. Finished with fresh sprinklings of parsley.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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Ingredients & Prep

| | |
|-------|--|
| 200g | Spaghetti |
| 1 | Onion <i>peel & roughly dice</i> |
| 60ml | Tomato Paste |
| 300g | Ostrich Mince |
| 20ml | Paprika Spice <i>(5ml Smoked Paprika & 15ml NOMU Spanish Rub)</i> |
| 20ml | Cake Flour |
| 200ml | Low Fat UHT Milk |
| 20ml | Lemon Juice |
| 5g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

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

- 1. DON'T BE UPSETTI, MAKE SPAGHETTI** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of the pasta water, and toss through a drizzle of olive oil.
- 2. MAKE THE PAPRIKA MINCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the mince and the paprika spice, and work quickly to break it up as the mince starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Season, remove from the pan, and set aside.
- 3. BUTTER, FLOUR, MILK = BECHAMEL!** Return the pan, wiped down, to medium heat with 20g of butter. Add the flour and fry until golden, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps.
- 4. BRING IT ALL TOGETHER** Return the pan with the sauce to medium heat and bring to a simmer. Mix through the cooked pasta, the paprika mince, a sweetener (to taste), the lemon juice (to taste), and seasoning. Loosen with the reserved pasta water until the desired consistency.
- 5. PASTA NIGHT, CHEF!** Plate up the paprika ostrich pasta and garnish with the chopped parsley.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 603kj |
| Energy | 144kcal |
| Protein | 9.2g |
| Carbs | 19g |
| of which sugars | 3.5g |
| Fibre | 1.5g |
| Fat | 3.3g |
| of which saturated | 1g |
| Sodium | 100mg |

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days