



UCCOOK

Spiced Ostrich Pasta & Dill Yoghurt

with toasted pine nuts & almonds

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Stephanie Kuhn

Wine Pairing: Waterford Estate | Waterford Grenache
Noir

Nutritional Info

	Per 100g	Per Portion
Energy	551kJ	4674kJ
Energy	132kcal	1118kcal
Protein	7.9g	67g
Carbs	16g	134g
of which sugars	3g	25.6g
Fibre	1.8g	15g
Fat	4.3g	36.6g
of which saturated	1.6g	13.2g
Sodium	51mg	428mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,
Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Gnocchi Pasta Shells
15g	30g	Mixed Nuts (10g [20g] Almonds & 5g [10g] Pine Nuts)
10g	20g	Raisins roughly chop
1	2	Garlic Clove/s peel & grate
1	1	Onion peel & roughly slice ½ [1]
150g	300g	Free-range Ostrich Mince
10ml	20ml	Spiced Cumin (5ml [10ml] Ground Cumin & 5ml [10ml] Dried Chilli Flakes)
5g	10g	Fresh Dill rinse
100ml	200ml	Low Fat Plain Yoghurt
1	1	Lemon zest & cut into wedges
50g	100g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Butter
Seasoning (salt & pepper)

1. COOK THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserve 1 cup of pasta water, and toss through a drizzle of olive oil.

2. TOAST THE NUTS Place the nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAVOURY RAISINS Return the pan to medium heat with a drizzle of oil. Fry the raisins and the garlic until fragrant, 1-2 minutes. Remove from the pan and place in a blender.

4. SPICY OSTRICH MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the onion and fry until browned and the onion is soft, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the spiced cumin and a knob of butter. Remove from the heat and season.

5. DILL-YOGHURT SAUCE To the blender, add ¾ of the dill, the yoghurt, and a splash of the pasta water. Blend until combined. Mix the dill-yoghurt sauce through the pasta and add the reserved pasta water to loosen if necessary. Add the juice of 1 [2] lemon wedge/s.

6. ZESTY GOAT'S CHEESE In a small bowl, combine the goat's cheese with the lemon zest (to taste). Roughly chop the remaining dill.

7. DINNER IS SERVED Make a bed of creamy pasta, top with the spiced mince, and crumble over the zesty goat's cheese. Sprinkle over the nuts and garnish with the remaining dill and any remaining lemon wedges. Enjoy, Chef!