



UCCOOK

Cheesy Ostrich & Pesto Ciabattini

with butter beans & green leaves

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	749kJ	4090kJ
Energy	179kcal	978kcal
Protein	10.8g	59.1g
Carbs	14g	74g
of which sugars	2.5g	13.6g
Fibre	2g	10.7g
Fat	8.9g	48.7g
of which saturated	2.6g	14.4g
Sodium	317mg	1730mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Mince
75g	75g	Diced Onion
10ml	20ml	NOMU Italian Rub
30ml	60ml	Tomato Paste
40g	80g	Green Leaves <i>rinse</i>
60g	120g	Butter Beans <i>drain & rinse</i>
50g	100g	Grated Mozzarella & Cheddar Cheese
1	2	Ciabatta Roll/s
40ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (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 onion and fry until soft, 4-5 minutes. Add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Pour in 100ml [200ml] of water and simmer until slightly thickened and reduced, 5-6 minutes.

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

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

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