



# UCOOK

## Dreamy Tomato Ostrich Penne

with fresh oregano & grated Italian-style cheese

A simple, delicious one-pot wonder. Penne pasta served with a creamy passata sauce, fresh oregano, ostrich strips & onion. Sprinkled with sunflower seeds and grated Italian-style cheese. Count me in!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Quick & Easy

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 Waterford Estate | Waterford The Library Collection Cabernet Franc 2017

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## Ingredients & Prep

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300g	Penne Pasta
30g	Sunflower Seeds
450g	Free-range Ostrich Strips
2	Onions <i>peel &amp; finely slice 1½</i>
190g	Button Mushrooms <i>wipe down &amp; roughly slice</i>
2	Garlic Cloves <i>peel &amp; grate</i>
300ml	Tomato Passata
150ml	Fresh Cream
60g	Spinach <i>rinse</i>
8g	Fresh Oregano <i>rinse &amp; pick</i>
90ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. BOILING AWAY** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

**2. TOASTED SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SIZZLING STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

**4. GET THE SAUCE GOING** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the chopped mushrooms and fry until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and a knob of butter, and fry until fragrant, 1-2 minutes (shifting constantly). Stir in the passata and the cream. Simmer until slightly reduced, 7-9 minutes.

**5. THE FINAL TOUCH** When the sauce is reduced, add the rinsed spinach until wilted. Add the cooked ostrich, ½ the picked oregano, seasoning, and a sweetener. Just before serving, toss the cooked pasta through ½ the sauce.

**6. EAT UP!** Plate up the pasta and top with the remaining creamy sauce. Sprinkle over the remaining oregano, the grated cheese, and the toasted sunflower seeds. Finish off with a grind of pepper. Great work, Chef!

## Nutritional Information

Per 100g

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Energy	664kJ
Energy	159kcal
Protein	9.8g
Carbs	16g
of which sugars	2.6g
Fibre	1.7g
Fat	5.9g
of which saturated	2.7g
Sodium	72.3mg

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## Allergens

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

Cook  
within 3  
Days