



# UCOOK

## Ostrich & Panzanella Pasta Salad

with capers, bocconcini balls & fresh basil

Inspired by the flavours of Italy, this recipe is our take on a classic Panzanella-style salad and orecchiette pasta - but with a South African twist. By adding browned ostrich goulash, this unique recipe is one to earmark for many future dinners.

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes


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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Adventurous Foodie

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 Creation Wines | Creation Rosé 2022

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## Ingredients & Prep

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250g	Orecchiette Pasta
30g	Sunflower Seeds
300g	Baby Tomato Medley <i>halved</i>
300g	Free-range Ostrich Goulash
10g	Fresh Basil <i>rinsed &amp; roughly torn</i>
8	Bocconcini Balls <i>drained &amp; cut into quarters</i>
40g	Green Leaves <i>rinsed</i>
20g	Capers <i>drained</i>
60g	Italian-style Hard Cheese <i>peeled into ribbons</i>
20ml	Balsamic Reduction

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. HASTA LA PASTA** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and return to the pot. Toss through some olive oil to prevent sticking.

**2. MAKE 'EM TOASTY** Place a pan over medium heat with the sunflower seeds. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

**3. TASTY TOMATOES** Return the pan to a medium-high heat with a drizzle of oil. When hot, add ½ of the halved baby tomatoes and fry for 2-3 minutes until starting to char, shifting occasionally. Remove from the pan, place in a salad bowl, and season.

**4. IT'S A GO FOR GOULASH** Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. Pat the ostrich goulash dry with paper towel and season. When the pan is hot, add the ostrich and fry for 2-3 minutes until browned, shifting occasionally. Remove from the pan and season.

**5. SENSATIONAL SALAD** In the bowl with the charred tomatoes, add the cooked pasta, add ½ the torn basil, the bocconcini quarters, the rinsed green leaves, the drained capers, a drizzle of oil, and seasoning. Toss until combined.

**6. MAMMA MIA!** Plate up the loaded salad. Sprinkle over the browned ostrich, the remaining baby tomatoes, the toasted sunflower seeds, and the cheese shavings. Drizzle over the balsamic reduction. Finish off with a crack of black pepper. Well done, Chef!

## Nutritional Information

Per 100g

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Energy	812kJ
Energy	194kcal
Protein	12.9g
Carbs	20g
of which sugars	2.8g
Fibre	1.9g
Fat	6.6g
of which saturated	2.8g
Sodium	102mg

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## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook  
within  
4 Days