



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!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford The Library
Collection Cabernet Franc 2017

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Ingredients & Prep

100g	Penne Pasta
10g	Sunflower Seeds
150g	Free-range Ostrich Strips <i>pat dry</i>
1	Onion <i>peel & finely slice ½</i>
65g	Button Mushrooms <i>wipe down & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
100ml	Tomato Passata
50ml	Fresh Cream
20g	Spinach <i>rinse</i>
3g	Fresh Oregano <i>rinse & pick</i>
30ml	Grated Italian-style Hard Cheese

From Your Kitchen

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.

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, 3-4 minutes (shifting occasionally). Add the chopped mushrooms and fry until golden, 5-6 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, 5-7 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

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

Allergens

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

Cook
within 3
Days