



UCOOK

Ostrich Ragù & Tagliatelle

with crème fraîche, mushrooms & fresh parsley

A classic dinner with touches of indulgence. Beautiful al dente pasta pairs perfectly with a rich and creamy stroganoff sauce, packed with free-range ostrich steak, tender mushrooms, and bright green parsley.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

7,5ml	Stock & Herb Mix <i>(5ml Beef Stock & 2,5ml NOMU Provençal Rub)</i>
150g	Free-range Ostrich Stroganoff
65g	Button Mushrooms <i>wiped clean & roughly sliced</i>
100g	Tagliatelle Pasta
1	Onion <i>½ peeled & finely sliced</i>
2,5ml	Smoked Paprika
10ml	Chickpea Flour
30ml	Crème Fraîche
40g	Spinach <i>rinsed</i>
1	Lemon <i>¼ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. THANK GOODNESS IT'S FRY DAY Boil a full kettle. Dilute the stock and herb mix with 120ml of boiling water and set aside. Pat the ostrich strips dry with paper towel. Place a pan over a high heat with a drizzle of oil. When hot, sear the strips for 1-2 minutes until browned but not cooked through. On completion, season and set aside in a bowl. Return the pan to a medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms for 4-5 minutes until golden, shifting as they colour. Remove from the pan and add to the bowl of ostrich.

2. PASTA LA VISTA Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some oil to prevent sticking.

3. THE STROGANOFF BASE Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, sauté the sliced onion for 2-3 minutes until soft. Add the smoked paprika to taste and sauté for 30-60 seconds until fragrant. Stir through the flour and fry for another 30-60 seconds, shifting constantly. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook for 3-4 minutes until thickened, stirring occasionally.

4. LAST STRETCH! When the sauce has thickened, add in the ostrich and mushrooms, and simmer for another 1-2 minutes until the ostrich is cooked through. Stir in the crème fraîche, rinsed spinach and lemon zest (to taste) for 1-2 minutes until combined. Add a splash of pasta water if the sauce is too thick for your liking. Season to taste and remove the pan from the heat.

5. DINNER IS SERVED Pile up a generous helping of the steaming tagliatelle pasta and spoon over the silky stroganoff. Garnish with a sprinkling of freshly chopped parsley and serve a lemon wedge on the side for that extra zing. There you have it!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled instead of caramelised!

Nutritional Information

Per 100g

Energy	693kj
Energy	166Kcal
Protein	9.6g
Carbs	15g
of which sugars	2.9g
Fibre	2g
Fat	5.9g
of which saturated	3.1g
Sodium	90mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days