



U C O O K

— COOKING MADE EASY

BRAISED OSTRICH RAGÙ

with sweet potato mash & toasted pine nuts

Add a touch of class to your evening with a perfect ostrich and spinach ragù, an Italian sauce where smooth, rich, and fragrant meet. Flowing over sweet potato mash and flecked with basil pesto and pine nuts

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

10g	Pine Nuts
5ml	Beef Stock
250g	Sweet Potato <i>peeled (optional) & cut into bite-size chunks</i>
1	Onion <i>one half peeled & diced</i>
1	Garlic Clove <i>peeled & grated</i>
150g	Ostrich Mince
2.5ml	Cape Herb and Spice Smoked Paprika
5ml	Dried Oregano
30ml	De-alcoholised Red Wine
200g	Cooked Chopped Tomato
50g	Fresh Spinach <i> rinsed & roughly shredded</i>
15ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. TOAST THE PINE NUTS Boil the kettle. Place the pine nuts in a pot over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pot on completion and set aside for serving.

2. STEAM THE SWEET POTATO Dilute the stock with 65ml of boiling water and set aside. Return the pot to a medium-high heat and cover the base with 2cm of boiling water. Once boiling, place the sweet potato chunks in a colander over the pot. Allow to steam (uncovered) for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Cover with a lid and set aside to keep warm.

3. RAGÙ Place a clean pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for another minute until fragrant. Add the ostrich mince and work quickly to break it up as it starts to cook. Once separated, allow it to caramelise for 3-4 minutes until browned, stirring occasionally. Add the smoked paprika (to taste) and the dried oregano and fry for another minute. Pour in the red wine, stir through, and allow to simmer for 1-2 minutes until evaporated. Mix in the cooked chopped tomatoes and diluted stock. Bring to a simmer, then lower the heat and cook for 10-12 minutes, stirring occasionally to prevent it from catching. On completion, it should have reduced to a rich, thick ragù.

4. MASH IT UP & FINISH IT OFF When the ragù has about 5 minutes to go, return the pot of cooked sweet potato to a low heat. Add a splash of water or milk and a knob of butter or coconut oil (optional) and mix to combine. Once warmed through, remove from the heat and mash with a fork or potato masher until smooth. Stir the shredded spinach through the saucy ragù and cook for a minute until wilted. On completion, remove the pot from the heat and add some seasoning and a sweetener of choice to taste.

5. DINNER IS SERVED Heap a plate with smooth mash and smother in the silky ostrich ragù. Dollop over the basil pesto and scatter with the toasted pine nuts. It's as simple as that!



Chef's Tip

We've added spinach to this classic for an extra vitamin kick! Spinach is rich in vitamin K, which is vital for bone health and lowering blood pressure. Because of its neutral taste, you can easily slip it into smoothies, salads, or cooked dishes!

Nutritional Information

Per 100g

Energy	371kJ
Energy	89Kcal
Protein	5.2g
Carbs	9g
of which sugars	3.8g
Fibre	2g
Fat	2.8g
of which saturated	0.6g
Sodium	270mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days