



UCOOK

Guilt-Free Ostrich Spag Bol

with ostrich mince, smooth cottage cheese & gluten-free pasta

The meat is free-range, the cottage cheese is low fat, the pasta is high in protein – and it's simply scrumptious! This glossy sauce of ostrich, tomato, Peri-Peri, and carrot is served with fresh basil, sunflower seeds, and balsamic-dressed leaves.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser



Health Nut



Stenberg Vineyards | Catharina Red Blend

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Ingredients & Prep

30g	Sunflower Seeds
240g	BIO XXI Organic Gluten-Free Fusilli
2	Onions <i>1½ peeled & finely diced</i>
450g	Free-range Ostrich Mince
85ml	Red Wine (optional)
240g	Carrots <i>rinsed, trimmed & 1½ cups (180g) grated</i>
600g	Cooked Chopped Tomato
15ml	NOMU Peri-Peri Rub
60g	Green Leaves <i>rinsed</i>
2	Willow Creek Olive Oil & Vinegar Sachets
75ml	Low Fat Smooth Cottage Cheese
8g	Fresh Basil <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. WARM 'N TOASTY Place a pan large enough for the bolognaise sauce over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

2. SHOW ME THE FUSILLI! Fill a large pot with salted water and place over a high heat. Once boiling, add a drizzle of oil and cook the pasta for 9-11 minutes until al dente. Drain on completion, reserving 250ml of pasta water for step 3. Return the pasta to the pot and toss through some oil to prevent sticking. Cover with a lid to keep warm and set aside.

3. WHILE THE PASTA IS ON THE GO... Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 5-6 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 7-8 minutes until browned but not cooked through, shifting occasionally. Mix in the wine (if using) and grated carrot. Simmer until the wine has evaporated, stirring occasionally. Reduce the heat to low, and pour in the cooked chopped tomato and 200ml of pasta water. Mix in the Peri-Peri Rub to taste and bring to a simmer. Cook for 15-20 minutes until reduced and thick, stirring every so often.

4. PIQUANT & CREAMY Toss the rinsed green leaves with the olive oil and vinegar and some seasoning. Set aside for serving. In a small bowl, loosen ½ of the cottage cheese with a drizzle of oil and a small splash of water. Season and set aside for serving.

5. ALMOST THERE When the bolognese sauce has reduced, stir through the remaining cottage cheese. If too thick, gradually loosen with the remaining pasta water. Season to taste with salt, pepper, and sweetener of choice (optional). Remove the pan from the heat and add ½ of the sauce to the pot of pasta. Place the pot over the heat and gently toss until the pasta is coated and warm.

6. HEARTY & WHOLESOME Pile up some pasta and spoon over the remaining bolognese sauce. Drizzle with the seasoned cottage cheese and scatter over the sliced basil. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	9.1g
Carbs	11g
of which sugars	3g
Fibre	3.2g
Fat	3.5g
of which saturated	0.8g
Sodium	116mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days