



UCCOOK

Neil Ellis' Creamy Ostrich & Tagliatelle

with mushrooms, sour cream & baby spinach

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	527kJ	3960kJ
Energy	126kcal	947kcal
Protein	7g	52.9g
Carbs	11g	85g
of which sugars	2.8g	21.3g
Fibre	1.9g	14.5g
Fat	4.8g	35.9g
of which saturated	1.4g	10.8g
Sodium	93mg	697mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
15ml	30ml	Stock & Herb Mix <i>(10ml [20ml] NOMU Italian Rub & 5ml [10ml] Beef Stock)</i>
75g	150g	Tagliatelle Pasta
15g	30g	Sunflower Seeds
150g	300g	Free-range Ostrich Strips
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
120g	120g	Carrot <i>rinse, trim, peel & finely dice</i>
2,5ml	5ml	Smoked Paprika
10ml	20ml	Cake Flour
40g	80g	Spinach <i>rinse</i>
60ml	120ml	Sour Cream

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter (optional)

Paper Towel

1. GET GOING Boil the kettle. Dilute the stock and herb mix with 120ml [240ml] of boiling water and set aside. 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. FRY UP Place the sunflower seeds in a pan (large enough for the ostrich) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. Fry until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside. Return the pan to medium-high heat with another drizzle of oil and a knob of butter (optional). Fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Remove from the pan, add to the bowl of ostrich, and season.

3. SILKY SAUCE Wipe down the pan and return it to medium heat with a drizzle of oil. When hot, sauté the onion and carrot until softening, 4-5 minutes (shifting occasionally). Add the smoked paprika and sauté until fragrant, 30-60 seconds. Stir through the flour and fry, 30-60 seconds (shifting constantly). Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook until thickened, 3-4 [4-5] minutes (stirring occasionally).

4. SO CREAMY! When the sauce has thickened, add the ostrich, mushrooms, and spinach, and simmer until cooked through, 1-2 minutes. Stir in the sour cream until combined, 1-2 minutes. Season and remove from the heat.

5. NEXT LEVEL YUM! Plate up the pasta and spoon over the creamy ostrich. Voilà, Chef!