



UCCOOK

Creamy Ostrich & Tagliatelle

with mushrooms, sour cream & fresh green leaves

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	570kj	4315kj
Energy	136kcal	1032kcal
Protein	7.3g	55.2g
Carbs	13g	98g
of which sugars	2.9g	22.1g
Fibre	2g	14.9g
Fat	4.8g	36.4g
of which saturated	1.4g	11g
Sodium	91mg	690mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Stock & Herb Mix <i>(30ml [40ml] NOMU Italian Rub & 15ml [20ml] Beef Stock)</i>
300g	400g	Tagliatelle Pasta
45g	60g	Sunflower Seeds
450g	600g	Free-range Ostrich Chunks
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
240g	240g	Carrot <i>rinse, trim, peel & finely dice</i>
7,5ml	10ml	Smoked Paprika
30ml	40ml	Cake Flour
60g	80g	Green Leaves <i>rinse</i>
180ml	240ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Paper Towel
Seasoning (salt & pepper)

1. GET GOING Boil the kettle. Dilute the stock and herb mix with 360ml [480ml] 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, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to high heat with a drizzle of oil. Pat the ostrich chunks 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, 5-6 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, 5-6 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, 5-6 [6-7] minutes (stirring occasionally).

4. SEASONAL SALAD To a salad bowl, add the green leaves and toss with the seeds, a drizzle of olive oil, and seasoning. Set aside.

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

6. NEXT LEVEL YUM! Plate up the pasta and spoon over the creamy ostrich. Serve the dressed green leaves on the side. Voilà, Chef!