



UCCOOK

Creamy Ostrich Pasta

with mixed fresh herbs & garlic

Strings of al dente tagliatelle pasta are coated with a homemade garlic bechamel sauce, together with browned ostrich strips, plump peas, & Italian-style hard cheese. Garnished with a fresh medley of herbs.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Suné van Zyl

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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Ingredients & Prep

300g	Tagliatelle Pasta
450g	Ostrich Strips
6	Garlic Cloves <i>peel & grate</i>
30ml	Cake Flour
300ml	Low Fat UHT Milk
150g	Peas
60ml	Grated Italian-style Hard Cheese
8g	Fresh Parsley <i>rinse & roughly chop</i>
8g	Fresh Basil <i>rinse & roughly chop</i>

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. SEARED OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel and cut into chunks. When hot, sear them until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season. You may need to do this step in batches.

3. CREAMY BECHAMEL Return the pan to medium heat with a drizzle of oil and 30g butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the flour and cook until lightly golden, 1-2 minutes. Slowly whisk in the milk, making sure there are no lumps. Add 300ml of pasta water and simmer until slightly thickening, 4-5 minutes. Mix in the cooked pasta, the peas, and the browned ostrich. Simmer until warmed through, 2-3 minutes. Loosen with a splash of the pasta water if it's too thick.

4. GRAB A BOWL Bowl up a hearty serving of creamy ostrich pasta, sprinkle over the grated cheese, and the chopped herbs. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	772kJ
Energy	185kcal
Protein	12.2g
Carbs	18g
of which sugars	2.6g
Fibre	1.6g
Fat	5.1g
of which saturated	1.6g
Sodium	60mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days