



UCCOOK

Spicy Ostrich Fusion Pasta

with peas & parsley

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	582.7kJ	3072kJ
Energy	139.4kcal	734.7kcal
Protein	8.9g	46.9g
Carbs	18.2g	95.9g
of which sugars	3.7g	19.4g
Fibre	2.3g	12.1g
Fat	3g	15.9g
of which saturated	0.7g	3.7g
Sodium	142.3mg	924.2mg

Allergens: Soya, Egg, Gluten, Allium, Wheat

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Macaroni
150g	300g	Free-range Ostrich Strips
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
25ml	50ml	Tomato Paste
15ml	30ml	Spice Blend <i>(5ml [10ml] Smoked Paprika, 5ml [10ml] Dried Oregano & 5ml [10ml] Cornflour)</i>
50ml	100ml	Prego Sauce
50g	100g	Peas
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Milk (optional)
Paper Towel
Water

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

2. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. ALL TOGETHER Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic, tomato paste, and spice mix. Fry until fragrant, 1-2 minutes. Mix in the prego sauce, peas, pasta, ostrich, and 50ml [100ml] of milk (optional) or reserved pasta water. Cook until coated, 1-2 minutes. Remove from the heat and season.

4. DINNER IS READY Bowl up the prego pasta and garnish with the parsley. Enjoy, Chef!

Chef's Tip If you'd like a creamy pasta, add some crème fraîche, fresh cream or parmesan cheese once you've removed the pan from the heat.