



UCOOK

Spanish Tomato Ostrich Pasta

with fresh parsley

Who doesn't love twirling their fork around al dente spaghetti pasta, combined with smoky paprika-infused ostrich mince, coated in a creamy bechamel sauce elevated with notes of tomato paste. Finished with fresh sprinklings of parsley.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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Ingredients & Prep

100g	Spaghetti
1	Onion <i>peel & roughly dice ½</i>
30ml	Tomato Paste
150g	Ostrich Mince
10ml	Paprika Spice <i>(2,5ml Smoked Paprika & 7,5ml NOMU Spanish Rub)</i>
10ml	Cake Flour
100ml	Low Fat UHT Milk
10ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. DON'T BE UPSETTI, MAKE SPAGHETTI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of the pasta water, and toss through a drizzle of olive oil.

2. MAKE THE PAPRIKA MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Add the mince and the paprika spice, and work quickly to break it up as the mince starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Season, remove from the pan, and set aside.

3. BUTTER, FLOUR, MILK = BECHAMEL! Return the pan, wiped down, to medium heat with 10g of butter. Add the flour and fry until golden, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps.

4. BRING IT ALL TOGETHER Return the pan with the sauce to medium heat and bring to a simmer. Mix through the cooked pasta, the paprika mince, a sweetener (to taste), the lemon juice (to taste), and seasoning. Loosen with the reserved pasta water until the desired consistency.

5. PASTA NIGHT, CHEF! Plate up the paprika ostrich pasta and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	603kj
Energy	144kcal
Protein	9.2g
Carbs	19g
of which sugars	3.5g
Fibre	1.5g
Fat	3.3g
of which saturated	1g
Sodium	100mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days