



UCOOK

Ostrich Penne Pasta

with fresh basil

Meaning 'the sauce' in Italian, we're using this rich Neapolitan tomato base as inspiration for our fusion pasta dish today. This is perfectly paired with al dente penne pasta, browned ostrich, sun-dried tomatoes & spinach. Garnished with Italian-style cheese & fresh basil.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

 Strandveld | The Navigator Red Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Penne Pasta
450g	Free-range Ostrich Strips
3 units	UCOOK Napoletana Sauce
90g	Sun-dried Tomatoes <i>drain & roughly chop</i>
120g	Spinach <i>rinse</i>
90ml	Grated Italian-style Hard Cheese
7,5ml	Dried Chilli Flakes
8g	Fresh Basil <i>rinse & thinly slice</i>

From Your Kitchen

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

1. A PENNE FOR YOUR THOUGHTS Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve a cup of the pasta water, and toss through a drizzle of olive oil.

2. NAPOLETANA OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into bite-sized pieces. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. You may need to do this step in batches. Return the pan to medium-high heat with a drizzle of oil. Add the napoletana sauce, a splash of the reserved pasta water, the cooked ostrich, and the chopped sun-dried tomatoes. Stir until combined and warmed through, 4-5 minutes. Remove from the heat and mix through the rinsed spinach. Add a sweetener (to taste), and season.

3. FLAVOURFUL FORKFULS Bowl up the pasta and top with the napoletano ostrich. Scatter over the cheese and the chilli flakes (to taste). Garnish with the sliced basil.

Nutritional Information

Per 100g

Energy	612kJ
Energy	146kcal
Protein	9.3g
Carbs	18g
of which sugars	4.2g
Fibre	1.8g
Fat	4g
of which saturated	1g
Sodium	187mg

Allergens

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

Eat
Within
2 Days