



# UCCOOK

## Neil Ellis' Creamy Ostrich & Tagliatelle

with mushrooms, sour cream & baby spinach

**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Neil Ellis Wines | Neil Ellis The Left Bank  
Cabernet Sauvignon Merlot

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 527kJ    | 3960kJ      |
| Energy             | 126kcal  | 947kcal     |
| Protein            | 7g       | 52.9g       |
| Carbs              | 11g      | 85g         |
| of which sugars    | 2.8g     | 21.3g       |
| Fibre              | 1.9g     | 14.5g       |
| Fat                | 4.8g     | 35.9g       |
| of which saturated | 1.4g     | 10.8g       |
| Sodium             | 93mg     | 697mg       |

**Allergens:** Sulphites, Gluten, Wheat, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                            |
|----------|------------|--------------------------------------------------------------------------------------------|
| 45ml     | 60ml       | Stock & Herb Mix<br>(30ml [40ml] <i>NOMU Italian Rub</i> & 15ml [20ml] <i>Beef Stock</i> ) |
| 225g     | 300g       | Tagliatelle Pasta                                                                          |
| 45g      | 60g        | Sunflower Seeds                                                                            |
| 450g     | 600g       | Free-range Ostrich Strips                                                                  |
| 375g     | 500g       | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i>                                  |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                                            |
| 240g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; finely dice</i>                                       |
| 7,5ml    | 10ml       | Smoked Paprika                                                                             |
| 30ml     | 40ml       | Cake Flour                                                                                 |
| 120g     | 160g       | Spinach<br><i>rinse</i>                                                                    |
| 180ml    | 240ml      | Sour Cream                                                                                 |

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Butter (optional)  
Paper Towel

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

**5. NEXT LEVEL YUM!** Plate up the pasta and spoon over the creamy ostrich. Voilà, Chef!