



UCOOK

One Pot Ostrich Bolognese

with baby tomatoes, Italian-style cheese & fresh basil

It's Italy in one pot. A meaty bolognese with layers of fresh & cooked tomatoes, rich red wine, peppery basil and earthy spinach, complemented by al dente orecchiette pasta. Whoever is on dish duty tonight is going to give this an extra like!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Ella Nasser

 Quick & Easy

 Creation Wines | Creation Merlot 2020

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Ingredients & Prep

1	Red Onion <i>peeled & roughly diced</i>
10ml	NOMU Italian Rub
300g	Free-range Ostrich Mince
1	Garlic Clove <i>peeled & grated</i>
20ml	Red Wine
160g	Baby Tomatoes <i>halved</i>
200g	Cooked Chopped Tomato
200g	Orecchiette Pasta
80g	Green Leaves
8g	Fresh Basil
100ml	Grated Italian-style Hard Cheese
40ml	Balsamic Reduction

From Your Kitchen

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

1. LET'S MA-KE DE MINCE Place a pot over medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and the rub and fry for 3-4 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 3-4 minutes until browned, shifting occasionally.

2. IT'S WINE O'CLOCK When the mince is browned, add the grated garlic to the pot and fry for 1 minute until fragrant, shifting constantly. Add the wine and simmer for 1-2 minutes until almost all evaporated. Add ½ the halved baby tomatoes, the cooked chopped tomato, 600ml of water and the orecchiette pasta. Simmer for 15-20 minutes until the pasta is al dente and the sauce has thickened, stirring occasionally.

3. DAZZLE WITH THE BASIL While the sauce is simmering, rinse the green leaves and the basil. Roughly chop the basil. In a bowl, combine ½ the rinsed green leaves, the remaining baby tomatoes, a drizzle of oil, and seasoning.

4. THE SAUCY PART When the sauce is done, add ½ the grated cheese, the remaining green leaves, a sweetener of choice, salt, and pepper to the pot. Mix until combined.

5. MAMMA MIA! Plate up the bolognese & pasta. Sprinkle over the remaining cheese and the chopped basil. Side with the fresh salad and drizzle over the balsamic reduction.

Nutritional Information

Per 100g

Energy	407kJ
Energy	150kcal
Protein	9.4g
Carbs	18g
of which sugars	4.5g
Fibre	1.2g
Fat	4.4g
of which saturated	1.6g
Sodium	126.2mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Alcohol

Cook
within
4 Days