



UCOOK

Braised Ostrich Ragù

with sweet potato mash & toasted pine nuts

Add a touch of class to your evening with a perfect ostrich and spinach ragù, an Italian sauce where smooth, rich, and fragrant meet. Flowing over sweet potato mash and flecked with basil pesto and pine nuts.


Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Lauren Todd

♥ Health Nut

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

20g	Pine Nuts
30ml	Pesto Princess Basil & Lemon Pesto
10ml	Beef Stock
500g	Sweet Potato <i>rinsed, peeled & cut into bite-sized pieces</i>
1	Onion <i>peeled & roughly diced</i>
300g	Free-range Ostrich Mince
5ml	Smoked Paprika
2	Garlic Cloves <i>peeled & grated</i>
10ml	Dried Oregano
60ml	Red Wine
400g	Cooked Chopped Tomato
100g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. TOASTY NUTS Boil the kettle. Place the pine nuts in a pot over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Keep a close eye on them as they burn easily! Remove from the pot on completion and set aside for serving. Loosen the basil pesto with some oil.

2. STEAM SWEET POT Dilute the stock with 100ml of boiling water and set aside. Return the pot to a medium-high heat and cover the base with 4cm of water. Once boiling, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and place the cooked sweet potato in the pot. Cover with a lid and set aside to keep warm.

3. SILKY RAGÙ Place a clean pot over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the ostrich mince and work quickly to break it up as it starts to cook. Once separated, allow it to caramelize for 6-7 minutes until browned, stirring occasionally. Add the smoked paprika (to taste), grated garlic, dried oregano, a pinch of salt and fry for another minute. Pour in the red wine, stir through, and allow to simmer for 2-3 minutes until evaporated. Mix in the cooked chopped tomatoes and diluted stock. Bring to a simmer, then lower the heat and cook for 12-15 minutes, stirring occasionally to prevent it from catching. On completion, it should have reduced to a rich, thick ragù.

4. MASH IT UP & FINISH IT OFF When the ragù has about 5 minutes to go, return the pot of cooked sweet potato to a low heat. Add a splash of water or milk and a knob of butter or coconut oil (optional) and mix to combine. Once warmed through, remove from the heat and mash with a fork or potato masher until smooth. Stir the shredded spinach through the saucy ragù and cook for 1-2 minutes until wilted. On completion, remove the pot from the heat and add some seasoning and a sweetener of choice to taste.

5. DINNER IS SERVED Heap a plate with smooth mash and smother in the silky ostrich ragù. Dollop over the basil pesto and scatter with the toasted pine nuts. It's as simple as that!



Chef's Tip

We've added spinach to this classic for an extra vitamin kick! Spinach is rich in vitamin K, which is vital for bone health and lowering blood pressure.

Nutritional Information

Per 100g

Energy	393kj
Energy	94Kcal
Protein	5.4g
Carbs	9g
of which sugars	3.6g
Fibre	1.9g
Fat	3.4g
of which saturated	0.7g
Sodium	223mg

Allergens

Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days