



UCOOK

Creamy Ostrich & Tagliatelle

with mushrooms, sour cream & fresh green leaves

A dinner classic with touches of indulgence! Bouncy tagliatelle pasta pairs perfectly with a thick and creamy sauce. It is loaded with tender ostrich strips, button mushrooms, sour cream, smoked paprika & onion. Sided with fresh green leaves for a light finish, this dish certainly doesn't disappoint on flavour!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

Fan Faves

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

60ml	Stock & Herb Mix <i>(40ml NOMU Provençal Rub & 20ml Beef Stock)</i>
400g	Tagliatelle Pasta
40g	Sunflower Seeds
600g	Free-range Ostrich Strips
500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	Onions <i>peel & roughly slice</i>
240g	Carrot <i>rinse, trim, peel & finely dice</i>
10ml	Smoked Paprika
40ml	Cake Flour
80g	Green Leaves <i>rinse</i>
250ml	Sour Cream

From Your Kitchen

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

1. GET GOING Boil the kettle. Dilute the stock & herb mix with 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 stroganoff) 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. When hot, 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). When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan, add to the bowl of ostrich, and season.

3. SILKY STROG Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, sauté the sliced onion and diced 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, 6-7 minutes (stirring occasionally).

4. SEASONAL SALAD To a salad bowl, add the rinsed green leaves and toss with the toasted seeds, a drizzle of olive oil, and seasoning. Set aside.

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

6. NEXT LEVEL YUM! Plate up the pasta and spoon over the creamy ostrich. Serve the dressed green leaves on the side. Voilà, Chef!

Nutritional Information

Per 100g

Energy	554kj
Energy	132kcal
Protein	7.2g
Carbs	13g
of which sugars	2.9g
Fibre	1.9g
Fat	4.5g
of which saturated	1.4g
Sodium	64mg

Allergens

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

Eat
Within
3 Days