

WCOOK

Pesto Orzo & Ostrich Mince

with baby marrow & piquanté peppers

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	777kJ	3378kJ
Energy	186kcal	808kcal
Protein	10.3g	45g
Carbs	14g	62g
of which sugars	2.7g	11.7g
Fibre	1.8g	8g
Fat	9.6g	41.8g
of which saturated	2.6g	11.1g
Sodium	189mg	821mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Orzo Pasta
450g	1	Free-range Ostrich Mince
300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
240ml	320ml	Creamy Pesto <i>(120ml [160ml] Sour Cream & 120ml [160ml] Pesto)</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **O-YUM ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain, reserve some pasta water and toss through a drizzle of olive oil.

2. **MINCE & MARROWS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the baby marrow and the NOMU rub. Fry until the baby marrows are tender, 6-7 minutes (shifting occasionally). Remove from the heat and season.

3. **ALL TOGETHER** Just before serving, combine the orzo, the loaded mince and baby marrow, creamy pesto, and loosen with the reserved pasta water in increments if it's too thick.

4. **DINNER IS READY** Bowl up the loaded orzo, scatter over the green leaves, and the peppers. Dig in, Chef!