

QCOOK

Creamy Ostrich Pasta

with fresh lemon & garlic

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	560kj	3733kj
Energy	134kcal	893kcal
Protein	8.7g	58.1g
Carbs	14g	95g
of which sugars	2.5g	17g
Fibre	2g	13.5g
Fat	3.8g	25.5g
of which saturated	1.2g	8.2g
Sodium	83mg	552mg

Allergens: Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Tagliatelle Pasta
150g	300g	Ostrich Strips
1	2	Garlic Clove/s <i>peel & grate</i>
15ml	30ml	Spiced Flour <i>(10ml [20ml] Cake Flour & 5ml [10ml] NOMU Does Everything)</i>
100ml	200ml	Low Fat UHT Milk
50g	100g	Peas
40ml	80ml	Grated Italian-style Hard Cheese
1	1	Lemon <i>rinse & cut ¼ [½] into wedges</i>
20g	40g	Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Paper Towel

Butter

1. TASTY TAGLIATELLE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil (optional).

2. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel and cut into chunks. When hot, sear them until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

3. PERFECT CREAMY PASTA Return the pan to medium heat with a drizzle of oil and 10g [20g] butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the flour and cook until lightly golden, 1-2 minutes. Slowly whisk in the milk, making sure there are no lumps. Add 100ml [200ml] of pasta water and simmer until slightly thickened, 3-4 minutes. Mix in the cooked pasta, the peas, and the browned ostrich. Simmer until warmed through, 2-3 minutes. Add the spinach and allow to wilt, 1-2 minutes. Loosen with a splash of the pasta water if it's too thick.

4. BRING IT ALL TOGETHER Bowl up a hearty serving of creamy ostrich pasta, sprinkle over the grated cheese, and add a squeeze of lemon. Enjoy, Chef!