



UCOOK

Spanish Ostrich Mince & Farfalle Pasta

with spinach, peas & grated Italian-style hard cheese

There's a Spanish saying when something is very easy to do, which is: "Ser pan comido". This recipe falls into that category, with al dente farfalle pasta that is coated in a rich, creamy tomato sauce with browned ostrich mince infused with NOMU Spanish rub. Dotted with pops of peas, earthy spinach, and finished with grated cheese & fresh basil.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jenna Peoples

Quick & Easy

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

100g	Farfelle Pasta
150g	Free-range Ostrich Mince
1	Garlic Clove <i>peel & grate</i>
30ml	Tomato Paste
10ml	NOMU Spanish Rub
100ml	Fresh Cream
50g	Peas
50g	Spinach <i>rinse & roughly shred</i>
20ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</i>
1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. PASTA Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 12-15 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. MINCE 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. Fry until browned, 2-3 minutes (shifting occasionally). Add the grated garlic, the tomato paste, the NOMU rub, and fry until fragrant, 1-2 minutes.

3. CREAMY MOMENT Mix in the cream, the peas, the rinsed spinach, the cooked pasta, and 100ml of the reserved pasta water to the pan. Simmer until warmed through and slightly thickening, 2-3 minutes.

4. DINNER IS READY Bowl up the creamy ostrich pasta, sprinkle over the grated cheese, and garnish with the rinsed basil. Squeeze over the lemon juice and dig in, Chef!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	663kJ
Energy	159kcal
Protein	7.8g
Carbs	14g
of which sugars	2.9g
Fibre	2.3g
Fat	7.3g
of which saturated	3.6g
Sodium	165.7mg

Allergens

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

Eat
Within
4 Days