



# UCOOK

## Creamy Ostrich Spaghetti

with peas & fresh oregano

Perfectly al dente spaghetti is smothered in a rich & creamy tomato sauce dotted with tender ostrich chunks & vibrant green peas. Garnished with fresh oregano and a generous crack of black pepper. Don't miss out on this creamy Cajun-spiced delight!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 **Simonsig | Pinotage**

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## Ingredients & Prep

375g	Spaghetti
450g	Ostrich Chunks <i>pat dry &amp; cut into small pieces</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
75ml	Spice & Flour <i>(15ml NOMU Cajun Rub &amp; 60ml Cake Flour)</i>
30ml	Tomato Paste
300ml	Low Fat Fresh Milk
120g	Peas
12g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. SPAGHETTI** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving the pasta water, and toss through a small drizzle of olive oil.

**2. ON TO THE OSTRICH** Place a pan, large enough for the pasta, over high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned but not cooked through, 30-60 seconds. You may need to do this step in batches. Remove from the pan and season.

**3. PASTA SAUCE** Return the pan to medium heat with a drizzle of oil and 30g of butter. When hot, fry the diced onion until soft and turning golden, 5-6 minutes. Add the spice & flour, the tomato paste, and a drizzle of oil. Fry until fragrant, 1-3 minutes. Slowly stir in the milk, whisking constantly until thickened. Add the reserved pasta water in increments until a saucy consistency. Season and add the peas. Simmer until the peas are warmed through, 3-4 minutes. Add the cooked pasta, the browned ostrich, and ½ of the chopped oregano. Mix and loosen with more pasta water if it's too thick.

**4. IT'S THAT TIME** Plate up the creamy pasta, sprinkle over the remaining oregano, and add a generous crack of black pepper. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	650kJ
Energy	154kcal
Protein	10.5g
Carbs	23g
of which sugars	3.5g
Fibre	2g
Fat	2g
of which saturated	0.8g
Sodium	72mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within  
4 Days