



UCCOOK

Spanish Ostrich Mince & Farfalle Pasta

with spinach, peas & grated Italian-style hard cheese

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	665kJ	4807kJ
Energy	159kcal	1150kcal
Protein	7.8g	56.4g
Carbs	14g	99g
of which sugars	2.9g	21.2g
Fibre	2.3g	16.8g
Fat	7.4g	53.1g
of which saturated	3.6g	25.8g
Sodium	166mg	1202mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Farfelle Pasta
150g	300g	Free-range Ostrich Mince
1	2	Garlic Clove/s <i>peel & grate</i>
30ml	60ml	Tomato Paste
10ml	20ml	NOMU Spanish Rub
100ml	200ml	Fresh Cream
50g	100g	Peas
50g	100g	Spinach <i>rinse & roughly shred</i>
20ml	40ml	Grated Italian-style Hard Cheese
1	1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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 garlic, the tomato paste, the NOMU rub, and fry until fragrant, 1-2 minutes.

3. CREAMY MOMENT Mix in the cream, the peas, the spinach, the pasta, and 100ml [200ml] 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 and sprinkle over the cheese. Squeeze over the juice of 1 [2] lemon wedge/s 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.