



UCOOK

Warwick's Luxury Spaghetti Bolognese

with ostrich mince, streaky bacon & ricotta

A thick, glossy sauce of free-range ostrich mince, tomato, Peri-Peri spice, and streaky bacon. Seeping into a base of silky linguine, dolloped with a blend of creamy ricotta and fresh parsley. Hearty, classy, and quick!

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Easy Peasy**

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Ingredients & Prep

10g	Sunflower Seeds
2 strips	Streaky Bacon
1	Onion <i>one ½ peeled & finely diced</i>
150g	Free-range Ostrich Mince
5ml	NOMU Peri-Peri Rub
200g	Cooked Chopped Tomatoes
30ml	Red Wine
125g	Linguine Pasta
50g	Ricotta
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey (optional)

1. PASTA WATER, TOASTY SEEDS & CRISPY BACON Place a pot of water for the pasta over a high heat, add a pinch of salt, and leave to come to the boil for step 3. Place a pan over a medium heat. Toast the seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to the heat and fry the bacon for 3-4 minutes per side until crispy. Remove on completion and set aside to drain on paper towel. Roughly chop when cool enough to handle.

2. GET YOUR BOLOGNESE STARTED! Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. Reduce the heat to low and stir through the Peri-Peri Rub, the cooked chopped tomatoes, and the red wine. Simmer for 12-15 minutes until reduced and thick, stirring occasionally.

3. BUBBLING LINGUINE Once the water is boiling, add in a drizzle of oil and cook the pasta for 9-11 minutes until al dente. Drain on completion, reserving ½ a cup of the water, and return to the pot. Toss through some oil to prevent sticking, cover to keep warm, and set aside.

4. IN THE MEANTIME... Place the ricotta in a bowl, mix in ¾ of the chopped parsley, and season. Toss the rinsed green leaves with the balsamic vinegar, a drizzle of olive oil, and some seasoning. Set both aside for serving.

5. ALMOST THERE If the bolognese is too thick on completion, loosen by gradually mixing in some of the reserved pasta water. When at the desired consistency, stir through the chopped bacon. Season to taste with salt, pepper, and a sweetener of choice (optional). Remove from the heat and pop ½ into the pot of pasta. Gently toss until coated.

6. TIME TO DINE Pile up the luxurious ostrich linguine and spoon over the remaining bolognese sauce. Top with dollops of herbed ricotta and scatter over the remaining parsley. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



Chef's Tip

Bacon doesn't need added oil for frying. It begins to render its own fat when it hits the hot pan!

Nutritional Information

Per 100g

Energy	766kJ
Energy	183Kcal
Protein	10.4g
Carbs	17g
of which sugars	2.8g
Fibre	1.7g
Fat	7.7g
of which saturated	2.5g
Sodium	253mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days