



# UCOOK

## Creamy Paprika Ostrich Fettuccine

**with crunchy green beans & balsamic reduction**

With pasta, you're always guaranteed an easy-to-eat dish that's rich in flavours but straightforward to prepare. The same is true for this creamy fettuccine number: browned ostrich mince is swirled with flavours of tomato, Spanish spices, crunchy green beans & garlic, then elevated with homemade bechamel. Topped with sprinklings of cheese & fresh oregano.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Morgan Offen

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 Fan Faves

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 Strandveld | Grenache

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## Ingredients & Prep

100g	Fettuccine Pasta
150g	Free-range Ostrich Mince
1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
20ml	Spice Mix <i>(15ml NOMU Spanish Rub &amp; 5ml Ground Paprika)</i>
100g	Cooked Chopped Tomato
80g	Green Beans <i>rinsed, trimmed &amp; cut into thirds</i>
40ml	Cake Flour
125ml	Low Fat UHT Milk
20ml	Grated Italian-style Hard Cheese
10ml	Balsamic Reduction
3g	Fresh Oregano <i>rinsed &amp; piked</i>

## From Your Kitchen

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

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of 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, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

**3. SAUCY MINCE** Add the diced onions to the mince and fry until soft, 3-4 minutes. Add the grated garlic and the spice mix. Fry until fragrant, 1-2 minutes. Stir in the cooked chopped tomato and 200ml of water. Simmer until reduced and slightly thickening, 10-12 minutes. In the final 3-4 minutes, add the sliced green beans and cook until slightly soft but still crunchy. Add a sweetener and seasoning. Remove from the heat.

**4. SOME CREAMINESS** Place a pan over medium heat with 20g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (whisking constantly). Slowly whisk in the milk until slightly thickened (whisking constantly). If the bechamel is too thick for your liking, loosen with the reserved pasta water. Remove from the heat and mix in the saucy mince.

**5. ALL TOGETHER** Return the pot of pasta to low heat. Add the creamy mince. Mix until combined and warmed through.

**6. DINNER IS READY** Make a bed of the creamy pasta, sprinkle over the grated hard cheese, and drizzle over the balsamic reduction. Garnish with the oregano leaves.



## 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	605kj
Energy	145kcal
Protein	8.3g
Carbs	17g
of which sugars	4.5g
Fibre	1.9g
Fat	3.5g
of which saturated	1.1g
Sodium	169mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days