



UCCOOK

Ostrich & Panzanella Pasta Salad

with capers, bocconcini balls & fresh basil

Inspired by the flavours of Italy, this recipe is our take on a classic Panzanella-style salad and orecchiette pasta - but with a South African twist. By adding browned ostrich goulash, this unique recipe is one to earmark for many future dinners.

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Rosé 2022

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

125g	Orecchiette Pasta
15g	Sunflower Seeds
150g	Baby Tomato Medley <i>halved</i>
150g	Free-range Ostrich Goulash
5g	Fresh Basil <i>rinsed & roughly torn</i>
4	Bocconcini Balls <i>drained & cut into quarters</i>
20g	Green Leaves <i>rinsed</i>
10g	Capers <i>drained</i>
30g	Italian-style Hard Cheese <i>peeled into ribbons</i>
10ml	Balsamic Reduction

From Your Kitchen

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

1. HASTA LA PASTA Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and return to the pot. Toss through some olive oil to prevent sticking.

2. MAKE 'EM TOASTY Place a pan over medium heat with the sunflower seeds. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

3. TASTY TOMATOES Return the pan to a medium-high heat with a drizzle of oil. When hot, add ½ of the halved baby tomatoes and fry for 2-3 minutes until starting to char, shifting occasionally. Remove from the pan, place in a salad bowl, and season.

4. IT'S A GO FOR GOULASH Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. Pat the ostrich goulash dry with paper towel and season. When the pan is hot, add the ostrich and fry for 2-3 minutes until browned, shifting occasionally. Remove from the pan and season.

5. SENSATIONAL SALAD In the bowl with the charred tomatoes, add the cooked pasta, add ½ the torn basil, the bocconcini quarters, the rinsed green leaves, the drained capers, a drizzle of oil, and seasoning. Toss until combined.

6. MAMMA MIA! Plate up the loaded salad. Sprinkle over the browned ostrich, the remaining baby tomatoes, the toasted sunflower seeds, and the cheese shavings. Drizzle over the balsamic reduction. Finish off with a crack of black pepper. Well done, Chef!

Nutritional Information

Per 100g

Energy	812kJ
Energy	194kcal
Protein	12.9g
Carbs	20g
of which sugars	2.8g
Fibre	1.9g
Fat	6.6g
of which saturated	2.8g
Sodium	102mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days