



UCOOK

Creamy Butternut Pasta & Ostrich

with a sage brown butter sauce & crème fraîche

Roasted butternut, crème fraîche and garlic are blended together to form a silky smooth sauce, which is then tossed with tender conchiglioni pasta. Topped with herb-seared ostrich slices and finished off with sage brown butter sauce. Divine!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Alex Levett

 Easy Peasy

 Fat Bastard | Chardonnay

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

Ingredients & Prep

500g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
2	Garlic Cloves
250g	Conchiglioni Pasta
10g	Fresh Sage <i>rinsed, picked & dried</i>
320g	Free-range Ostrich Steak
10ml	NOMU Provençal Rub
60ml	Crème Fraîche

From Your Kitchen

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

1. YOU BUTTERNUT FORGET TO Preheat the oven to 200°C. Place the butternut pieces and whole, unpeeled garlic cloves on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. COOK THE 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 toss through some oil to prevent sticking.

3. SAGE BROWN BUTTER When the butternut is halfway, place a pan over a medium heat with 60g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry for 2-3 minutes until the butter has a nutty aroma and the leaves are crispy. On completion, remove from the pan and cover to keep warm.

4. OSTRICH TIME Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter and the rub to baste the steaks. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices and cover to keep warm.

5. BLEND THE SAUCE Once the butternut has finished roasting, carefully squeeze the flesh of the roasted garlic into a blender. Add the crème fraîche and $\frac{3}{4}$ of the roasted butternut. Pulse until smooth. If the sauce is too thick for your liking, add the reserved pasta water in 15ml increments until the desired consistency. Season to taste. On completion, add to the pot of cooked pasta and toss until fully coated in the sauce. Place over a low heat to reheat if necessary.

6. PLATE IT UP! Bowl up the creamy pasta. Top with the remaining roasted butternut and the juicy ostrich slices. Drizzle over the brown butter and garnish with the crispy sage leaves. Tuck in, Chef!



Chef's Tip

If you'd prefer a chunkier sauce or you don't own a blender, mash the roasted butternut and garlic with a potato masher or a fork until a rustic mash forms. Loosen with pasta water and there you have it!

Nutritional Information

Per 100g

Energy	672kJ
Energy	161Kcal
Protein	9.7g
Carbs	22g
of which sugars	2.1g
Fibre	2.1g
Fat	3.4g
of which saturated	1.7g
Sodium	51mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days