



UCCOOK

Crispy Ostrich Mac 'n Cheese

with fresh green leaves & crispy onion bits

We bring you a no-hassle, wonderfully creamy mac 'n cheese dish with a twist! Our rendition of mac 'n cheese has crunchy morsels of ostrich mince throughout. Topped with crispy onions and served with a fresh side salad. This is one the entire family will love!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterkloof | False Bay Pinotage

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Ingredients & Prep

125ml	Low Fat Fresh Milk
100g	Macaroni Pasta
65ml	Fresh Cream
65g	Grated White Cheddar Cheese
150g	Free-range Ostrich Mince
1	Garlic Clove <i>peeled & grated</i>
15ml	NOMU Italian Rub
10ml	Tomato Paste
10ml	Balsamic Reduction
1	Tomato <i>½ rinsed & cut into bite-sized chunks</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
15g	Crispy Onion Bits

From Your Kitchen

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

1. MAKE THE MAC Place a pot over medium heat. Add the milk, 150ml of water, the macaroni, and a pinch of salt. Bring to a simmer and cook until al dente, 10-15 minutes (stirring occasionally). When the pasta is done, mix through the cream, the grated cheese, and seasoning.

2. FRY THE MINCE Place a non-stick pan over medium 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). In the final 1-2 minutes, add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add to the mac 'n cheese and season.

3. QUICK SALAD In a salad bowl, combine the balsamic reduction, the tomato chunks, a drizzle of olive oil, the shredded green leaves, and seasoning.

4. GRAB THOSE KNIVES 'N FORKS! Plate up a generous helping of the ostrich mince mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad. Simple yet stunning, Chef!

Nutritional Information

Per 100g

Energy	875kJ
Energy	209kcal
Protein	10.7g
Carbs	17g
of which sugars	4.3g
Fibre	1.1g
Fat	10.7g
of which saturated	5.4g
Sodium	182mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days