



UCCOOK

Sophie Germanier's Rich Ostrich Pasta

with blue cheese & balsamic reduction

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Sophie Germanier

Wine Pairing: Sophie Germanier Organic | Shiraz
Mourvedre Viognier Organic

Nutritional Info

	Per 100g	Per Portion
Energy	681kJ	4712kJ
Energy	163kcal	1127kcal
Protein	8.3g	57.4g
Carbs	17g	119g
of which sugars	4.5g	30.8g
Fibre	1.6g	11.2g
Fat	6.2g	42.9g
of which saturated	2.7g	18.8g
Sodium	115mg	793mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,
Tree Nuts

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Gnocchi Shell Pasta
10g	20g	Pine Nuts
150g	300g	Free-range Ostrich Strips
10ml	20ml	NOMU Italian Rub
1	1	Onion <i>peel & finely slice ¼ [½]</i>
1	1	Garlic Clove <i>peel & grate</i>
200ml	400ml	Tomato Passata
50ml	100ml	Crème Fraîche
20g	40g	Blue Cheese
10ml	20ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)
Paper Towel

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PINING FOR PINE NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat in ½ the NOMU rub. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

4. TASTY TOMATO SAUCE While the pasta is on the go, return the pan to medium heat with a drizzle of oil and a knob of butter (optional), if necessary. When hot, fry the onion until caramelised, 6-8 minutes (shifting occasionally). Add the garlic, the remaining NOMU rub, and some seasoning. Fry until fragrant, 1-2 minutes. Add the tomato passata and 150ml [300ml] of water and a sweetener (to taste). Allow to reduce slightly, 12-15 minutes. Remove from the heat and mix in the crème fraîche. Once all combined, mix in the pasta and ½ the blue cheese. Season.

5. A MEAL TO REMEMBER Bowl up the saucy pasta, and drizzle over the balsamic reduction. Top with the remaining cheese, the ostrich strips and the pine nuts. Dinner is ready, Chef!