



UCCOOK

Spanish Ostrich Mince & Farfalle Pasta

with spinach, peas & grated Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	665kJ	4807kJ
Energy	159kcal	1150kcal
Protein	7.8g	56.4g
Carbs	14g	99g
of which sugars	2.9g	21.2g
Fibre	2.3g	16.8g
Fat	7.4g	53.1g
of which saturated	3.6g	25.8g
Sodium	166mg	1202mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Farfelle Pasta
450g	600g	Free-range Ostrich Mince
3	4	Garlic Cloves <i>peel & grate</i>
90ml	125ml	Tomato Paste
30ml	40ml	NOMU Spanish Rub
300ml	400ml	Fresh Cream
150g	200g	Peas
150g	200g	Spinach <i>rinse & roughly shred</i>
60ml	80ml	Grated Italian-style Hard Cheese
1	1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. PASTA Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 12-15 minutes. Drain, reserve the 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, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the garlic, the tomato paste, the NOMU rub, and fry until fragrant, 1-2 minutes.

3. CREAMY MOMENT Mix in the cream, the peas, the spinach, the pasta, and 300ml [400ml] of the reserved pasta water to the pan. Simmer until warmed through and slightly thickening, 3-4 minutes.

4. DINNER IS READY Bowl up the creamy ostrich pasta and sprinkle over the cheese. Squeeze over the juice of 3 [4] lemon wedges and dig in, Chef!

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.