



UCCOOK

Cheesy Ostrich & Pesto Ciabattini

with butter beans & green leaves

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	749kJ	4090kJ
Energy	179kcal	978kcal
Protein	10.8g	59.1g
Carbs	14g	74g
of which sugars	2.5g	13.6g
Fibre	2g	10.7g
Fat	8.9g	48.7g
of which saturated	2.6g	14.4g
Sodium	317mg	1730mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
125ml	160ml	Pesto Princess Basil Pesto
3	4	Ciabatta Rolls
150g	200g	Grated Mozzarella & Cheddar Cheese
180g	240g	Butter Beans <i>drain & rinse</i>
120g	160g	Green Leaves <i>rinse</i>
90ml	125ml	Tomato Paste
30ml	40ml	NOMU Italian Rub
150g	150g	Diced Onion
450g	600g	Free-range Ostrich Mince

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Butter (optional)

1. **OSTRICH** 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. Add the onions and fry until soft, 5-6 minutes. Add the NOMU rub and the tomato paste. Fry until fragrant, 1-2 minutes. Pour in 300ml [400ml] of water and simmer until slightly thickened and reduced, 6-7 minutes.

2. **CHEESE** When the sauce has thickened, mix in the spinach, beans, and a sweetener (to taste). Simmer until warmed through, 2-3 minutes. Add seasoning and remove from the heat. Sprinkle over the cheese and cover with a lid until the cheese is melted.

3. **PESTO ROLLS** Halve the ciabattini buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes. Smear the pesto over the toasted buns.

4. **DINNER IS READY** Plate up the cheesy ostrich and side with toasted pesto buns. Enjoy, Chef!