



UCCOOK

Spiced Ostrich Pasta & Dill Yoghurt

with toasted pine nuts & almonds

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Stephanie Kuhn

Nutritional Info

	Per 100g	Per Portion
Energy	692kJ	4417kJ
Energy	165kcal	1057kcal
Protein	10.1g	64.6g
Carbs	18g	115g
of which sugars	3.2g	20.3g
Fibre	1.4g	8.8g
Fat	5.7g	36.2g
of which saturated	2.1g	13.2g
Sodium	66mg	422mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Gnocchi Pasta Shells
45g	60g	Mixed Nuts <i>(30g [40g] Almonds & 15g [20g] Pine Nuts)</i>
30g	40g	Raisins <i>roughly chop</i>
3	4	Garlic Cloves <i>peel & grate</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
450g	600g	Free-range Ostrich Mince
30ml	40ml	Spiced Cumin <i>(15ml [20ml] Ground Cumin & 15ml [20ml] Dried Chilli Flakes)</i>
15g	20g	Fresh Dill <i>rinse</i>
300ml	400ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice
150g	200g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Butter

- 1. COOK THE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserve 2 cups of pasta water, and toss through a drizzle of olive oil.
- 2. TOAST THE NUTS** Place the nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. SAVOURY RAISINS** Return the pan to medium heat with a drizzle of oil. Fry the raisins and the garlic until fragrant, 1-2 minutes. Remove from the pan and place in a blender.
- 4. SPICY OSTRICH MINCE** Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the onion and fry until browned and the onion is soft, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the spiced cumin and a knob of butter. Remove from the heat and season.
- 5. DILL-YOGHURT SAUCE** To the blender, add ¾ of the dill, the yoghurt, and a splash of the pasta water. Blend until combined. Mix the dill-yoghurt sauce through the pasta and add the reserved pasta water to loosen if necessary. Add ½ the lemon juice (to taste).
- 6. GOAT'S CHEESE** In a small bowl, combine the goat's cheese with the remaining lemon juice (to taste). Roughly chop the remaining dill.
- 7. DINNER IS SERVED** Make a bed of creamy pasta, top with the spiced mince, and crumble over the tangy goat's cheese. Sprinkle over the nuts and garnish with the remaining dill. Enjoy, Chef!