



# UCOOK

## Creamy Ostrich Pasta

with mixed fresh herbs & garlic

Strings of al dente tagliatelle pasta are coated with a homemade garlic bechamel sauce, together with browned ostrich strips, plump peas, & Italian-style hard cheese. Garnished with a fresh medley of herbs.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Suné van Zyl

---

Simple & Save

---

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

100g	Tagliatelle Pasta
150g	Ostrich Strips
2	Garlic Cloves <i>peel &amp; grate</i>
10g	Cake Flour
100ml	Low Fat UHT Milk
50g	Peas
20ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse &amp; roughly chop</i>
3g	Fresh Basil <i>rinse &amp; roughly chop</i>

## From Your Kitchen

---

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

**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, reserve the pasta water, and toss through a drizzle of olive oil.

**2. SEARED OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel and cut into chunks. When hot, sear them until browned, 30-60 seconds (shifting occasionally). Remove from the pan and season.

**3. CREAMY BECHAMEL** Return the pan to medium heat with a drizzle of oil and 10g butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Add the flour and cook until lightly golden, 1-2 minutes. Slowly whisk in the milk, making sure there are no lumps. Add 100ml of pasta water and simmer until slightly thickening, 3-4 minutes. Mix in the cooked pasta, the peas, and the browned ostrich. Simmer until warmed through, 2-3 minutes. Loosen with a splash of the pasta water if it's too thick.

**4. GRAB A BOWL** Bowl up a hearty serving of creamy ostrich pasta, sprinkle over the grated cheese, and the chopped herbs. Enjoy, Chef!

## Nutritional Information

---

Per 100g

Energy	772kJ
Energy	185kcal
Protein	12.2g
Carbs	18g
of which sugars	2.6g
Fibre	1.6g
Fat	5.1g
of which saturated	1.6g
Sodium	60mg

---

## Allergens

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

Eat  
Within  
4 Days