



UCCOOK

Spicy Ostrich Fusion Pasta

with peas & parsley

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	582.7kJ	3072kJ
Energy	139.4kcal	734.7kcal
Protein	8.9g	46.9g
Carbs	18.2g	95.9g
of which sugars	3.7g	19.4g
Fibre	2.3g	12.1g
Fat	3g	15.9g
of which saturated	0.7g	3.7g
Sodium	142.3mg	924.2mg

Allergens: Soya, Egg, Gluten, Allium, Wheat

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Macaroni
450g	600g	Free-range Ostrich Strips
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
75ml	100ml	Tomato Paste
45ml	60ml	Spice Blend <i>(15ml [20ml] Smoked Paprika, 15ml [20ml] Dried Oregano & 15ml [20ml] Cornflour)</i>
150ml	200ml	Prego Sauce
150g	200g	Peas
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Milk (optional)
Paper Towel
Water

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

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

3. ALL TOGETHER Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions until soft and lightly golden, 4-5 minutes. Add the garlic, tomato paste, and spice mix. Fry until fragrant, 1-2 minutes. Mix in the prego sauce, peas, pasta, ostrich, and 150ml [200ml] of milk (optional) or reserved pasta water. Cook until coated, 2-3 minutes. Remove from the heat and season.

4. DINNER IS READY Bowl up the prego pasta and garnish with the parsley. Enjoy, Chef!

Chef's Tip If you'd like a creamy pasta, add some crème fraîche, fresh cream or parmesan cheese once you've removed the pan from the heat.