



# UCCOOK

## Crispy Ostrich Mac 'n Cheese

with fresh green leaves & crispy onion bits

We bring you a no-hassle, wonderfully creamy mac 'n cheese dish with a twist! Our rendition of mac 'n cheese has crunchy morsels of ostrich mince throughout. Topped with crispy onions and served with a fresh side salad. This is one the entire family will love!

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**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Fan Faves

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 Waterkloof | False Bay Pinotage

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## Ingredients & Prep

250ml	Low Fat Fresh Milk
200g	Macaroni Pasta
125ml	Fresh Cream
125g	Grated White Cheddar Cheese
300g	Free-range Ostrich Mince
2	Garlic Cloves <i>peeled &amp; grated</i>
30ml	NOMU Italian Rub
20ml	Tomato Paste
20ml	Balsamic Reduction
1	Tomato <i>rinsed &amp; cut into bite-sized chunks</i>
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
30ml	Crispy Onion Bits

## From Your Kitchen

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

**1. MAKE THE MAC** Place a pot over medium heat. Add the milk, 300ml of water, the macaroni, and a pinch of salt. Bring to a simmer and cook until al dente, 10-15 minutes (stirring occasionally). When the pasta is done, mix through the cream, the grated cheese, and seasoning.

**2. FRY THE MINCE** Place a non-stick pan over medium 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). In the final 1-2 minutes, add the grated garlic, the NOMU rub, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add to the mac 'n cheese and season.

**3. QUICK SALAD** In a salad bowl, combine the balsamic reduction, the tomato chunks, a drizzle of olive oil, the shredded green leaves, and seasoning.

**4. GRAB THOSE KNIVES 'N FORKS!** Plate up a generous helping of the ostrich mince mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

Energy	875kj
Energy	209kcal
Protein	10.7g
Carbs	17g
of which sugars	4.3g
Fibre	1.1g
Fat	10.7g
of which saturated	5.4g
Sodium	182mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days