



# UCCOOK

## Spiced Ostrich Pasta & Dill Yoghurt

with toasted pine nuts & almonds

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Stephanie Kuhn

**Wine Pairing:** Waterford Estate | Waterford Grenache  
Noir

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 551kJ    | 4674kJ      |
| Energy             | 132kcal  | 1118kcal    |
| Protein            | 7.9g     | 67g         |
| Carbs              | 16g      | 134g        |
| of which sugars    | 3g       | 25.6g       |
| Fibre              | 1.8g     | 15g         |
| Fat                | 4.3g     | 36.6g       |
| of which saturated | 1.6g     | 13.2g       |
| Sodium             | 51mg     | 428mg       |

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                            |
|----------|------------|----------------------------------------------------------------------------|
| 100g     | 200g       | Gnocchi Pasta Shells                                                       |
| 15g      | 30g        | Mixed Nuts<br>(10g [20g] Almonds & 5g [10g] Pine Nuts)                     |
| 10g      | 20g        | Raisins<br>roughly chop                                                    |
| 1        | 2          | Garlic Clove/s<br>peel & grate                                             |
| 1        | 1          | Onion<br>peel & roughly slice ½ [1]                                        |
| 150g     | 300g       | Free-range Ostrich Mince                                                   |
| 10ml     | 20ml       | Spiced Cumin<br>(5ml [10ml] Ground Cumin & 5ml [10ml] Dried Chilli Flakes) |
| 5g       | 10g        | Fresh Dill<br>rinse                                                        |
| 100ml    | 200ml      | Low Fat Plain Yoghurt                                                      |
| 1        | 1          | Lemon<br>zest & cut into wedges                                            |
| 50g      | 100g       | Chevin Goat's Cheese                                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Blender  
Butter  
Seasoning (salt & pepper)

**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 1 cup 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, 3-4 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 the juice of 1 [2] lemon wedge/s.

**6. ZESTY GOAT'S CHEESE** In a small bowl, combine the goat's cheese with the lemon zest (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 zesty goat's cheese. Sprinkle over the nuts and garnish with the remaining dill and any remaining lemon wedges. Enjoy, Chef!