



# WCOOK

## Sophie Germanier's Rich Ostrich Pasta

with blue cheese & balsamic reduction

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Sophie Germanier

**Wine Pairing:** Sophie Germanier Organic | Shiraz  
Mourvedre Vignier Organic

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 681kJ    | 4712kJ      |
| Energy             | 163kcal  | 1127kcal    |
| Protein            | 8.3g     | 57.4g       |
| Carbs              | 17g      | 119g        |
| of which sugars    | 4.5g     | 30.8g       |
| Fibre              | 1.6g     | 11.2g       |
| Fat                | 6.2g     | 42.9g       |
| of which saturated | 2.7g     | 18.8g       |
| Sodium             | 115mg    | 793mg       |

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

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                               |
|----------|------------|-----------------------------------------------|
| 300g     | 400g       | Gnocchi Shell Pasta                           |
| 30g      | 40g        | Pine Nuts                                     |
| 450g     | 600g       | Free-range Ostrich Strips                     |
| 30ml     | 40ml       | NOMU Italian Rub                              |
| 1        | 1          | Onion<br><i>peel &amp; finely slice ¾ [1]</i> |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>      |
| 600ml    | 800ml      | Tomato Passata                                |
| 150ml    | 200ml      | Crème Fraîche                                 |
| 60g      | 80g        | Blue Cheese                                   |
| 30ml     | 40ml       | Balsamic Reduction                            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Butter (optional)  
Paper Towel

**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 and toss through a drizzle of olive oil.

**2. PINING FOR PINE NUTS** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. O-YUM OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat in ½ the NOMU rub. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

**4. TASTY TOMATO SAUCE** While the pasta is on the go, return the pan to medium heat with a drizzle of oil and a knob of butter (optional), if necessary. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). Add the garlic, the remaining NOMU rub, and some seasoning. Fry until fragrant, 1-2 minutes. Add the tomato passata and 450ml [600ml] of water and a sweetener (to taste). Allow to reduce slightly, 15-20 minutes. Remove from the heat and mix in the crème fraîche. Once all combined, mix in the pasta and ½ the blue cheese. Season.

**5. A MEAL TO REMEMBER** Bowl up the saucy pasta, and drizzle over the balsamic reduction. Top with the remaining cheese, the ostrich strips and the pine nuts. Dinner is ready, Chef!