



QCOOK

Tuscan-style Ostrich Ragu

with grated Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Chloe Hughes

Wine Pairing: Piekienierskloof | Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	496kj	3192kj
Energy	119kcal	763kcal
Protein	7.2g	46.4g
Carbs	12g	80g
of which sugars	3.2g	20.6g
Fibre	2.1g	13.8g
Fat	3.2g	20.4g
of which saturated	0.8g	4.9g
Sodium	77mg	495mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Farfalle Pasta
150g	300g	Free-range Ostrich Chunks
120g	120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30ml	Spice Mix <i>(5ml [10ml] Paprika & 10ml [20ml] Oregano)</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	1	Tomato Passata <i>200ml</i>
30g	60	Pitted Kalamata Olives <i>rinse & cut in half</i>
10ml	20ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserve 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 and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes per side. Remove from the pan. Season and set aside.

3. TUSCAN SAUCE Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the onion and the carrots until lightly golden, 5-6 minutes (shifting occasionally). Add the spice mix and the garlic. Fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of the reserved pasta water. Simmer until the carrots are tender and the sauce is thickening, 10-12 minutes. In the final 1-2 minutes, add the olives and the ostrich. Remove from the heat, add a sweetener (to taste) and seasoning.

4. DINNER IS READY Bowl up the pasta, top with the Tuscan-style ostrich, and finish with a sprinkle of the cheese. Well done, Chef!

Chef's Tip Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.