

# UCOOK

## Chilli Ostrich Linguini

with basil pesto & Italian-style hard cheese

Today we're moving away from the heavier, creamier pasta sauces with this lighter-yet-still-so-satisfying Pesto Princess Basil Pesto based sauce. Al dente linguine is coated in a mouthwatering mixture of basil pesto, cheese & fresh mint, with pops of golden onion & green bell peppers. Rich ostrich chunks and toasted almonds for crunch make this pasta dish the perfect dinner.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 4 People


---

**Chef:** Samantha du Toit

---

 Quick & Easy

---

 Strandveld | The Navigator Red Blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

40g	Almonds <i>roughly chopped</i>
2	Onions <i>peeled &amp; finely diced</i>
2	Bell Peppers <i>rinsed, deseeded &amp; diced</i>
60ml	Spice Mix <i>(40ml NOMU Italian Rub &amp; 20ml Dried Chilli Flakes)</i>
600g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
500g	Fresh Linguine Pasta
125ml	Pesto Princess Basil Pesto
10g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
120g	Italian-style Hard Cheese <i>grated</i>

## From Your Kitchen

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

**1. TOASTED ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. GOLDEN VEG** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the diced bell pepper until golden, 6-7 minutes (shifting occasionally). Add the spice mix and fry until fragrant, 1-2 minutes. Remove from the pan and set aside.

**3. BUTTER-BASTED OSTRICH** Place a pan over high heat with a drizzle of oil. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with the grated garlic and a knob of butter. You may need to do this step in batches. Remove from the pan, reserving the pan juices. Season and set aside.

**4. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**5. BRING ON THE BASIL** In a bowl (big enough for the pasta), combine the pesto with  $\frac{2}{3}$  of the chopped mint, and  $\frac{1}{2}$  the cheese. Add olive oil or warm water in 5ml increments until drizzling consistency. Toss through the cooked pasta, the golden onions & peppers, and the reserved pan juices. Loosen with the pasta water (if necessary).

**6. PERFECT PESTO PASTA** Plate up the pesto pasta. Top with the remaining cheese and the ostrich. Scatter over the toasted almonds and garnish with the remaining mint.

## Nutritional Information

Per 100g

Energy	728kJ
Energy	174kcal
Protein	10.5g
Carbs	19g
of which sugars	2.5g
Fibre	1.9g
Fat	6g
of which saturated	1.4g
Sodium	116.6mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days