



UCCOOK

Spanish Ostrich Mince & Farfalle Pasta

with spinach, peas & grated Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 665kJ | 4807kJ |
| Energy | 159kcal | 1150kcal |
| Protein | 7.8g | 56.4g |
| Carbs | 14g | 99g |
| of which sugars | 2.9g | 21.2g |
| Fibre | 2.3g | 16.8g |
| Fat | 7.4g | 53.1g |
| of which saturated | 3.6g | 25.8g |
| Sodium | 166mg | 1202mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 300g | 400g | Farfelle Pasta |
| 450g | 600g | Free-range Ostrich Mince |
| 3 | 4 | Garlic Cloves <i>peel & grate</i> |
| 90ml | 125ml | Tomato Paste |
| 30ml | 40ml | NOMU Spanish Rub |
| 300ml | 400ml | Fresh Cream |
| 150g | 200g | Peas |
| 150g | 200g | Spinach <i>rinse & roughly shred</i> |
| 60ml | 80ml | Grated Italian-style Hard Cheese |
| 1 | 1 | Lemon <i>rinse & cut into wedges</i> |

From Your Kitchen

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

1. PASTA Boil a full kettle. Using the freshly boiled water, add to the pot with the pasta and salt (to taste). Cook the pasta until al dente, 12-15 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. MINCE Place a pan over medium-high 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). Add the garlic, the tomato paste, the NOMU rub, and fry until fragrant, 1-2 minutes.

3. CREAMY MOMENT Mix in the cream, the peas, the spinach, the pasta, and 300ml [400ml] of the reserved pasta water to the pan. Simmer until warmed through and slightly thickening, 3-4 minutes.

4. DINNER IS READY Bowl up the creamy ostrich pasta and sprinkle over the cheese. Squeeze over the juice of 3 [4] lemon wedges and dig in, 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.