



UCOOK

Spanish Ostrich Mince Pasta

with fresh parsley

A lot of 'O, yum!' will be heard around the dinner table tonight as this creamy ostrich mince dish is scooped up. Spiced with NOMU Spanish rub, dotted with silky onion, and covered in a homemade béchamel sauce, this authentic South African meat shines with pure deliciousness. Served with al dente macaroni pasta.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc 2023

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Ingredients & Prep

125g	Macaroni
150g	Ostrich Mince
30ml	NOMU Spanish Rub
1	Onion
1	Garlic Clove
15ml	Tomato Paste
15ml	Cake Flour
100ml	Low Fat Milk UHT
3g	Fresh Parsley

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. START THE MINCE Place a pan, large enough for the pasta, over medium-high heat with a drizzle of oil. When hot, fry the mince with ½ the NOMU rub and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MAKE THE SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the remaining NOMU rub and the tomato paste. Cook until fragrant, 30-60 seconds. Add 20g of butter and the flour. Fry for 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen the sauce with the reserved pasta water until the desired consistency.

4. COMBINE! Return the pan with the sauce to medium-high heat and bring to a simmer. Mix through the cooked pasta, ½ the browned mince, ½ the chopped parsley, a sweetener (to taste), and seasoning. Remove from the heat.

5. TIME TO DINE! Plate up the creamy pasta. Sprinkle over the remaining mince and parsley. Indulge yourself, Chef!

Nutritional Information

Per 100g

Energy	415kJ
Energy	99kcal
Protein	9.5g
Carbs	23g
of which sugars	2.6g
Fibre	1.7g
Fat	3.4g
of which saturated	0.9g
Sodium	160mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days