



UCOOK

Ostrich Stroganoff & Pasta

with mushrooms, sour cream & fresh green leaves

A dinner classic with touches of indulgence! Bouncy tagliatelle pasta pairs perfectly with a thick and creamy stroganoff sauce. It is loaded with tender ostrich strips, button mushrooms, sour cream, smoked paprika & onion. Sided with fresh green leaves for a light finish, this dish certainly doesn't disappoint on flavour!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Creation Wines | Creation Syrah Grenache 2020

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Ingredients & Prep

100g	Tagliatelle
15g	Sunflower Seeds
1	Stock & Herb Mix
150g	Free-range Ostrich Stroganoff
125g	Button Mushrooms <i>roughly sliced</i>
1	Onion <i>½ peeled & finely sliced</i>
120g	Carrot <i>peeled, trimmed & finely diced</i>
2,5ml	Smoked Paprika
10ml	Cake Flour
20g	Green Leaves <i>rinsed</i>
80ml	Sour Cream

From Your Kitchen

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

1. GET GOING Boil the kettle. Dilute the stock & herb mix with 120ml of boiling water and set aside. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. FRY UP Place the sunflower seeds in a pan (large enough for the stroganoff) over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool. Return the pan to high heat with a drizzle of oil. When hot, add the ostrich stroganoff and brown for 1-2 minutes, shifting occasionally. Once browned, remove from the pan, season well, and set aside. Return the pan to medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms for 4-5 minutes until golden, shifting as they colour. Remove from the pan, add to the bowl of ostrich, and season.

3. SILKY STROG Wipe down the pan and return it to medium heat with a drizzle of oil. When hot, sauté the sliced onion and diced carrot for 3-4 minutes until softening, shifting occasionally. Add the smoked paprika to taste and sauté for 30-60 seconds until fragrant. Stir through the flour and fry for another 30-60 seconds, shifting constantly. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook for 3-4 minutes until thickened, stirring occasionally.

4. SEASONAL SALAD In a salad bowl, add the rinsed green leaves and toss together with a drizzle of oil and some seasoning. Set aside for serving.

5. SO CREAMY! When the sauce has thickened, add in the ostrich and mushrooms, and simmer for another 1-2 minutes until the ostrich is cooked through. Stir in the sour cream for 1-2 minutes until combined. Season to taste and remove from the heat.

6. NEXT LEVEL YUM! Plate up the pasta and spoon over the silky ostrich stroganoff. Serve the dressed green leaves on the side. Voila, Chef!

Nutritional Information

Per 100g

Energy	571kJ
Energy	136kcal
Protein	7.9g
Carbs	13g
of which sugars	3.1g
Fibre	2g
Fat	4.5g
of which saturated	1.6g
Sodium	92mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days