



# UCCOOK

## Spiced Ostrich Pasta & Dill Yoghurt

with toasted pine nuts & almonds

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Stephanie Kuhn

### Nutritional Info

	Per 100g	Per Portion
Energy	692kJ	4417kJ
Energy	165kcal	1057kcal
Protein	10.1g	64.6g
Carbs	18g	115g
of which sugars	3.2g	20.3g
Fibre	1.4g	8.8g
Fat	5.7g	36.2g
of which saturated	2.1g	13.2g
Sodium	66mg	422mg

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100g	200g	Gnocchi Pasta Shells
15g	30g	Mixed Nuts <i>(10g [20g] Almonds &amp; 5g [10g] Pine Nuts)</i>
10g	20g	Raisins <i>roughly chop</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
150g	300g	Free-range Ostrich Mince
10ml	20ml	Spiced Cumin <i>(5ml [10ml] Ground Cumin &amp; 5ml [10ml] Dried Chilli Flakes)</i>
5g	10g	Fresh Dill <i>rinse</i>
100ml	200ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
50g	100g	Chevin Goat's Cheese

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Butter

**1. COOK THE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserve 1 cup of pasta water, and toss through a drizzle of olive oil.

**2. TOAST THE NUTS** Place the nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SAVOURY RAISINS** Return the pan to medium heat with a drizzle of oil. Fry the raisins and the garlic until fragrant, 1-2 minutes. Remove from the pan and place in a blender.

**4. SPICY OSTRICH MINCE** Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the onion and fry until browned and the onion is soft, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the spiced cumin and a knob of butter. Remove from the heat and season.

**5. DILL-YOGHURT SAUCE** To the blender, add ¾ of the dill, the yoghurt, and a splash of the pasta water. Blend until combined. Mix the dill-yoghurt sauce through the pasta and add the reserved pasta water to loosen if necessary. Add ½ the lemon juice (to taste).

**6. GOAT'S CHEESE** In a small bowl, combine the goat's cheese with the remaining lemon juice (to taste). Roughly chop the remaining dill.

**7. DINNER IS SERVED** Make a bed of creamy pasta, top with the spiced mince, and crumble over the tangy goat's cheese. Sprinkle over the nuts and garnish with the remaining dill. Enjoy, Chef!