



Eat Within 4 Days

# QCOOK

## Creamy Paprika Ostrich Tagliatelle

with crunchy green beans & balsamic reduction

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	557kJ	4231kJ
Energy	133kcal	1012kcal
Protein	7.6g	57.7g
Carbs	16g	123g
of which sugars	4.6g	34.7g
Fibre	1.8g	13.6g
Fat	3.1g	23.6g
of which saturated	1g	7.4g
Sodium	157mg	1195mg

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

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Tagliatelle Pasta
150g	300g	Free-range Ostrich Mince
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
20ml	40ml	Spice Mix <i>(15ml [30ml] NOMU Spanish Rub &amp; 5ml [10ml] Ground Paprika)</i>
100g	200g	Cooked Chopped Tomato
80g	160g	Green Beans <i>rinse, trim &amp; cut into thirds</i>
40ml	80ml	Cake Flour
125ml	250ml	Low Fat UHT Milk
20ml	40ml	Grated Italian-style Hard Cheese
10ml	20ml	Balsamic Reduction

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Butter  
Seasoning (salt & pepper)

- 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 a cup of pasta water, and toss through a drizzle of olive oil.
- 2. MMMINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally).
- 3. SAUCY MINCE** Add the onion to the mince and fry until soft, 3-4 minutes. Add the garlic and the spice mix. Fry until fragrant, 1-2 minutes. Stir in the cooked chopped tomato and 200ml [400ml] of water. Simmer until reduced and slightly thickening, 10-12 minutes. In the final 3-4 minutes, add the green beans and cook until slightly soft but still crunchy. Add a sweetener and seasoning. Remove from the heat.
- 4. SOME CREAMINESS** Place a pan over medium heat with 20g [40g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out for 1-2 minutes (whisking constantly). Slowly whisk in the milk until slightly thickened (whisking constantly). If the bechamel is too thick for your liking, loosen with the reserved pasta water. Remove from the heat and mix in the saucy mince.
- 5. ALL TOGETHER** Return the pot of pasta to low heat. Add the creamy mince. Mix until combined and warmed through.
- 6. DINNER IS READY** Make a bed of the creamy pasta, sprinkle over the hard cheese, and drizzle over the balsamic reduction.

**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.