



# UCOOK

## Sublime Spaghetti Bolognese

with ostrich mince, fresh basil & Italian-style hard cheese

Whip up this scrumptious spag bol in a jiffy! A thick, glossy sauce of ostrich mince, tomato, Peri-Peri seasoning, and carrot, smothering a base of silky linguine. Served with hard cheese, sunflower seeds, and crisp leaves tossed with balsamic glaze. Hearty and wholesome.

---

**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Ella Nasser

---

 Easy Peasy

---

 Warwick Wine Estate | Three Cape Ladies

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

10g	Sunflower Seeds
125g	Linguine Pasta
1	Onion <i>½ peeled &amp; finely diced</i>
150g	Free-range Ostrich Mince
30ml	Red Wine
60g	Carrot <i>rinsed, trimmed &amp; grated</i>
200g	Cooked Chopped Tomato
5ml	NOMU Peri-Peri Rub
20g	Green Leaves <i>rinsed</i>
10ml	Balsamic Glaze
30g	Italian-style Hard Cheese <i>grated</i>
3g	Fresh Basil <i>rinsed &amp; finely sliced</i>

## From Your Kitchen

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

**1. TOASTY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**2. SHOW ME THE LINGUINE!** Place a pot for the pasta over a high heat and fill with salted water. Once boiling, add a drizzle of oil and cook the pasta for 9-11 minutes until al dente. Drain on completion, reserving 100ml of pasta water for step 3, and return to the pot. Toss through some oil to prevent sticking, cover with a lid, and set aside.

**3. WHILE THE PASTA IS ON THE GO...** Return the pan to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 3-4 minutes until soft and translucent. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, stirring occasionally. Mix in the wine and grated carrot, and simmer until the wine has evaporated. Reduce the heat to low and pour in the cooked chopped tomato and 50ml of pasta water. Stir through the Peri-Peri Rub to taste and bring to a simmer. Cook for 10-12 minutes until reduced and thick, stirring occasionally.

**4. SWEET & TANGY** Toss the rinsed green leaves with the balsamic glaze, a drizzle of oil, and some seasoning. Set aside for serving.

**5. ALMOST THERE...** If the bolognese sauce is too thick on completion, gradually loosen with the remaining pasta water. Stir through ½ of the grated cheese and season to taste with salt, pepper, and a sweetener of choice (optional). Remove the pan from the heat and add ½ of the bolognese to the pot of pasta. Place the pot over the heat and gently toss until the pasta is coated and warm.

**6. TIME TO DINE** Pile up the saucy pasta and spoon over the remaining bolognese. Top with the remaining hard cheese and scatter over the sliced basil. Serve the dressed leaves on the side with sprinklings of toasted sunflower seeds. Buon appetito, maestro!



## 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.

## Nutritional Information

Per 100g

Energy	647kJ
Energy	155Kcal
Protein	8.8g
Carbs	19g
of which sugars	4.2g
Fibre	2.1g
Fat	4.2g
of which saturated	1.1g
Sodium	119mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within  
4 Days