



UCOOK

Creamy Paprika Ostrich Fettuccine

with crunchy green beans & balsamic reduction

With pasta, you're always guaranteed an easy-to-eat dish that's rich in flavours but straightforward to prepare. The same is true for this creamy fettuccine number: browned ostrich mince is swirled with flavours of tomato, Spanish spices, crunchy green beans & garlic, then elevated with homemade bechamel. Topped with sprinklings of cheese & fresh oregano.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Morgan Offen

 Fan Faves

 Strandveld | Grenache

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Ingredients & Prep

400g	Fettuccine Pasta
600g	Free-range Ostrich Mince
2	Onions <i>peeled & roughly diced</i>
2	Garlic Cloves <i>peeled & grated</i>
80ml	Spice Mix <i>(60ml NOMU Spanish Rub & 20ml Ground Paprika)</i>
400g	Cooked Chopped Tomato
320g	Green Beans <i>rinsed, trimmed & cut into thirds</i>
160ml	Cake Flour
500ml	Low Fat UHT Milk
80ml	Grated Italian-style Hard Cheese
40ml	Balsamic Reduction
10g	Fresh Oregano <i>rinsed & picked</i>

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, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. MINCE 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, 5-6 minutes (shifting occasionally).

3. SAUCY MINCE Add the diced onions to the mince and fry until soft, 4-5 minutes. Add the grated garlic and the spice mix. Fry until fragrant, 1-2 minutes. Stir in the cooked chopped tomato and 800ml of water. Simmer until reduced and slightly thickening, 12-15 minutes. In the final 4-5 minutes, add the sliced 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 80g 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 grated hard cheese, and drizzle over the balsamic reduction. Garnish with the oregano leaves.



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	605kj
Energy	145kcal
Protein	8.3g
Carbs	17g
of which sugars	4.5g
Fibre	1.9g
Fat	3.5g
of which saturated	1.1g
Sodium	169mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days