



UCCOOK

Classic Ostrich Stew

with toasted country loaf slices, fresh parsley & red wine

Tender ostrich meat is cooked low & slow in a red wine-infused broth, creating a flavourful base that'll have your taste buds singing a chorus. Toasted country loaf slices are served to soak up all those rich & juicy notes. Finish it off with a sprinkle of fresh parsley and you've got a dish that's a real showstopper.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

150g	Free-range Ostrich Strips
1	Onion <i>½ peeled & roughly diced</i>
120g	Carrot <i>rinsed, trimmed & cut into bite-sized pieces</i>
200g	Potato <i>peeled & cut into small bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Tomato Paste
10ml	NOMU Provençal Rub
5ml	Cake Flour
25ml	Red Wine
5ml	Beef Stock
2 slices	Country Loaf
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BROWN THE OSTRICH Pat the ostrich strips dry with paper towel. Place a pot over high heat with a drizzle of oil. When hot, fry the ostrich strips until browned, 1-2 minutes (shifting occasionally). Remove from the pot, season, and set aside.

2. ALL THE AROMATICS Boil the kettle. Return the pot to medium-high heat with a drizzle of oil and a knob of butter. When hot, add the diced onion, the carrot pieces, and the potato pieces. Fry until slightly softened, 6-8 minutes (shifting occasionally).

3. SIMMER THE SAUCE When the veg is slightly softened, add the grated garlic, the tomato paste, the NOMU rub, and the flour to the pot. Fry until fragrant, 1-2 minutes. Reduce the heat and add the wine. Simmer until almost all evaporated, 1-3 minutes. Add the stock and 300ml of boiling water. Reduce the heat and simmer until reduced and thickened, 15-20 minutes. In the final minute, add the browned ostrich. Season to taste.

4. TIME FOR TOASTING Place a pan over medium-high heat with a knob of butter. When melted, add the sliced country loaf and brown until toasted, 1-3 minutes per side.

5. GET NOSHING! Bowl up the ostrich stew. Serve with the toasted country loaf. Sprinkle over the chopped parsley. Delish work, Chef!

Nutritional Information

Per 100g

Energy	409kj
Energy	98kcal
Protein	7.1g
Carbs	14g
of which sugars	2.9g
Fibre	2.8g
Fat	1.1g
of which saturated	0.3g
Sodium	138mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days