



UCOOK

Thyme Ostrich & Millet

with carrots, potato & red wine

Make time to dine on a thyme-inspired dish tonight, Chef! It starts with a foundation of millet, then follows with a generous serving of ostrich stew dotted with cubes of carrot, potato, and slices of onion. Red wine adds a richness to the sauce, the spicy stock a boldness of flavour, and a garnish of thyme brings the sophistication.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jade Summers

Simple & Save

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

450g	Ostrich Chunks
2	Onions <i>peel & roughly slice 1½</i>
240g	Carrots <i>rinse, trim, peel & cut into small bite-sized pieces</i>
600g	Potato <i>rinse, peel (optional) & cut into small bite-sized piece</i>
60ml	Spice Mix <i>(15ml Beef Stock, 30ml NOMU Cajun Rub & 15ml Dried Oregano)</i>
180ml	Red Wine
8g	Fresh Thyme <i>rinse & pick</i>
225ml	Millet

From Your Kitchen

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

1. O-YUM OSTRICH Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

2. FRAGRANT SAUCE Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the carrot pieces, the potato pieces, and the spice mix, and fry until fragrant, 2-3 minutes. Add the wine, ½ the picked thyme, and 450ml of water. Simmer until the veg is tender, 12-15 minutes. In the final 5 minutes, add the browned meat until heated through.

3. BEGIN WITH THE MILLET Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 450ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

4. AND... YOU'RE DONE! Plate up the cooked millet, top with the stew, and sprinkle over the remaining thyme. Enjoy!

Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	6.7g
Carbs	16g
of which sugars	1.8g
Fibre	2.5g
Fat	2.5g
of which saturated	0.5g
Sodium	108mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol

Eat
Within
5 Days