

Eat Within 4 Days

Spicy Durban Ostrich Curry

with yoghurt

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	381kJ	2107kJ
Energy	91kcal	504kcal
Protein	7.1g	39.1g
Carbs	9g	52g
of which sugars	1.5g	8.4g
Fibre	1.3g	7.3g
Fat	2.6g	14.4g
of which saturated	0.7g	3.9g
Sodium	424mg	1460mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
150g	300g	Free-range Ostrich Chunks
1	1	Onion *peel & roughly dice ½ [1]*
200g	400g	Potato *peel & cut into bite-sized pieces*
15ml	30ml	Spice & All Things Nice Durban Curry Paste
100ml	200ml	Tomato Passata
40ml	80ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. FLUFFY RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN THE OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. FRY FOR FLAVOUR Return the pan to medium heat with a drizzle of oil and a knob of butter if necessary. Fry the onion and the potatoes until the onion is soft and lightly golden, 5-6 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 200ml [400ml] of water. Simmer until the sauce is thickening and potatoes are soft, 12-15 minutes. In the final 1-2 minutes, add the ostrich, and sweetener (to taste). Remove from the heat and season.

4. TIME TO EAT Plate up the steaming rice and smother it in the ostrich and curry sauce. Finish with dollops of the yoghurt. Looks lekker, Chef!