



# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Jade Summers

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Simple & Save

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 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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## Ingredients & Prep

300g	Ostrich Chunks
1	Onion <i>peel &amp; roughly slice</i>
120g	Carrots <i>rinse, trim, peel &amp; cut into small bite-sized pieces</i>
400g	Potato <i>rinse, peel (optional) &amp; cut into small bite-sized pieces</i>
40ml	Spice Mix <i>(10ml Beef Stock, 20ml NOMU Cajun Rub &amp; 10ml Dried Oregano)</i>
125ml	Red Wine
5g	Fresh Thyme <i>rinse &amp; pick</i>
150ml	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, 2-3 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, 4-5 minutes (shifting occasionally). Add the carrot pieces, the potato pieces, and the spice mix, and fry until fragrant, 1-2 minutes. Add the wine, ½ the picked thyme, and 300ml of water. Simmer until the veg is tender, 10-12 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, 1-3 minutes (shifting occasionally). Add 300ml 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