



# UCOOK

## Ostrich Rogan Josh

with white basmati rice & fresh coriander

Fluffy white basmati rice accompanies a fragrant curry made from rich beef stock, juicy tomatoes, golden-fried onions & carrot, a special aromatic paste, and browned ostrich. Finished with fresh coriander.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Simple & Save

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 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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## Ingredients & Prep

|       |                                                                                                   |
|-------|---------------------------------------------------------------------------------------------------|
| 400ml | White Basmati Rice<br><i>rinsed</i>                                                               |
| 600g  | Ostrich Chunks                                                                                    |
| 480g  | Carrot<br><i>peeled (optional) &amp; cut into bite-sized pieces</i>                               |
| 2     | Onions<br><i>peeled &amp; roughly diced</i>                                                       |
| 100ml | Curry Paste<br><i>(40ml Tomato Paste &amp; 60ml Spice &amp; All Things Nice Rogan Josh Paste)</i> |
| 20ml  | Beef Stock                                                                                        |
| 400g  | Cooked Chopped Tomato                                                                             |
| 10g   | Fresh Coriander<br><i>rinsed &amp; picked</i>                                                     |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. FLUFFY RICE** Place the rinsed rice in a pot with 800ml 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. BROWNE OSTRICH** Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel. When hot, fry the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**3. AROMATICS** Return the pot to medium-high heat with a generous drizzle of oil. When hot, fry the carrot pieces until starting to soften, 8-9 minutes (shifting occasionally). Add the diced onion and fry until golden, 4-5 minutes (shifting often).

**4. YUMMY CURRY** When the onion is golden, add the curry paste to the pot and fry until fragrant, 30-60 seconds (shifting constantly). Add the beef stock, the cooked chopped tomato, and 800ml of water. Bring to a boil. Lower the heat and simmer until thickened, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the browned ostrich and cook until heated through. Add a sweetener and season.

**5. ENJOY EVERY BITE** Bowl up the curry. Garnish with the picked coriander. Serve alongside the steamy basmati rice. Wow, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 451kj   |
| Energy             | 108kcal |
| Protein            | 7.6g    |
| Carbs              | 17g     |
| of which sugars    | 3g      |
| Fibre              | 1.5g    |
| Fat                | 1.2g    |
| of which saturated | 0.3g    |
| Sodium             | 113mg   |

## Allergens

Allium, Sulphites

Cook  
within  
4 Days