



UCCOOK

Massaman & Ostrich Pita

with fresh sambal & yoghurt

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	389kJ	3696kJ
Energy	93kcal	884kcal
Protein	5.5g	52.1g
Carbs	11g	101g
of which sugars	2.2g	20.7g
Fibre	1.6g	15.4g
Fat	3g	28.8g
of which saturated	1.4g	13g
Sodium	103mg	975mg

Allergens: Shellfish, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

150g	300g	Free-range Ostrich Chunks
1	1	Onion <i>peel & finely slice ½ [1]</i>
30ml	60ml	Tomato Paste
15ml	30ml	Spice & All Things Nice Massaman Curry Paste
50ml	100ml	Coconut Cream
1	2	Pita Bread/s
1	1	Lemon <i>rinse, zest & cut into wedges</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
50ml	100ml	Greek Yoghurt

From Your Kitchen

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

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

2. MASSAMAN Return the pot to medium heat with a knob of butter and a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 4-5 minutes. Add the tomato paste, curry paste, and fry until fragrant, 1-2 minutes. Mix in coconut cream, 100ml [200ml] of water and simmer until thickening, 6-8 minutes. In the final 1-2 minutes, add the ostrich. Remove from the heat, add a sweetener, and season.

3. TOASTED PITA Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place the pita/s on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. SAMBAL In a bowl, combine a squeeze of lemon juice, zest (all to taste), with a drizzle of olive oil and mix to emulsify. Add the tomato, parsley, cucumber, chilli (to taste), and season.

5. DINNER IS READY Fill up the pockets with the saucy ostrich, top with some sambal, and finish with dollops of the yoghurt. Serve any remaining sambal on the side and dig in, Chef!