



# UCOOK

## Blue Cheese Polenta & Ostrich Stew

with a zesty salsa

Juicy free-range ostrich strips are added to a deliciously flavourful tomato & red wine sauce. Once all cooked together, this lusciousness is spooned over the creamiest, cheesiest polenta base, before being sprinkled with a fresh & zesty salsa.

---

**Hands-on Time:** 55 minutes

**Overall Time:** 65 minutes

---

**Serves:** 4 People


---

**Chef:** Kate Gomba

---

Adventurous Foodie

---

 KVV - The Mentors | KVV The Mentors Petit Verdot 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Free-range Ostrich Strips <i>pat dry with paper towel &amp; cut into bite-sized pieces</i>
400g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
2	Onions <i>peel, finely dice ¼ &amp; roughly dice ¾</i>
2	Tomatoes <i>rinse &amp; finely dice</i>
2	Bell Peppers <i>rinse, deseed, finely dice ¼ &amp; roughly dice ¾</i>
60ml	Lime Juice
480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
40ml	NOMU Beef Rub
125ml	Red Wine
400ml	Tomato Passata
300ml	Polenta
120g	Blue Cheese <i>crumble</i>

## From Your Kitchen

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

**1. BROWN THE OSTRICH** Place a pan over medium-high heat with a drizzle of oil. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan, season and set aside.

**2. BABY MARROW** Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the baby marrow pieces until lightly charred but still crunchy, 3-4 minutes (shifting occasionally). Remove from the pan.

**3. QUICK SALSA** In a bowl, combine the finely diced onions, the diced tomato, and the finely diced peppers. Add the lime juice, a drizzle of olive oil, and seasoning. Set aside.

**4. START THE STEW** Return the pan to medium heat with a drizzle of oil. When hot, fry the roughly diced onions, the roughly diced peppers, and the carrot pieces until lightly charred, 6-7 minutes. Add the NOMU rub, and fry until fragrant, 2-3 minutes. Mix in the wine and simmer until almost evaporated, 30-60 seconds.

**5. FINISH THE STEW** Pour in the tomato passata and 800ml of water. Bring to a boil and simmer until reduced and thickening, 15-20 minutes. In the final 3-4 minutes, add the charred baby marrow and the browned ostrich. Remove from the heat, add a sweetener (to taste), and season.

**6. BLUE CHEESE POLENTA** Bring a pot with 1.4L of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove from the heat and stir through a knob of butter, the crumbled cheese, and seasoning. Loosen with a splash of warm water (if necessary).

**7. SERVICE, PLEASE!** Plate up the creamy polenta, top with the flavourful stew, and scatter over the zingy salsa. That's a wrap! Enjoy, Chef.

## Nutritional Information

Per 100g

Energy	341kJ
Energy	82kcal
Protein	5.1g
Carbs	9g
of which sugars	2.6g
Fibre	1.6g
Fat	2.5g
of which saturated	1g
Sodium	88mg

## Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
4 Days