



UCCOOK

Fragrant Saffron Rice & Ostrich

with toasted almonds & cashew nuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	656kJ	3973kJ
Energy	157kcal	951kcal
Protein	9.1g	55.4g
Carbs	19g	113g
of which sugars	3.5g	21.3g
Fibre	1.7g	10.1g
Fat	4.6g	27.8g
of which saturated	1.2g	7.4g
Sodium	184mg	1114mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel, finely dice ½ & roughly slice ½</i>
1	1	Bay Leaf
15g	30g	Golden Sultanas <i>roughly chop</i>
100ml	200ml	White Basmati Rice <i>rinse</i>
50ml	100ml	Golden Water <i>(0,2g [0,4g] Saffron & 50ml [100ml] Water)</i>
20g	40g	Mixed Nuts <i>(10g [20g] Almonds & 10g [20g] Cashew Nuts)</i>
150g	300g	Free-range Ostrich Chunks
10ml	20ml	Tomato Paste
20ml	40ml	NOMU & Chilli Mix <i>(15ml [30ml] NOMU Indian Rub & 5ml [10ml] Dried Chilli Flakes)</i>
100ml	200ml	Greek Yoghurt
50g	100g	Fresh Spinach <i>rinse & roughly shred</i>

From Your Kitchen

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

1. SAFFRON RICE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft and translucent, 4-5 minutes. Add the bay leaf, the sultanas, and the rice. Stir until fragrant, 1-2 minutes. Pour in the golden water and 150ml [300ml] of water, and season. 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. Discard the bay leaf, fluff with a fork, and cover.

2. MIX THINGS UP Roughly chop the mixed nuts and place in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. BROWN OSTRICH Pat the ostrich chunks dry with paper towel. Return the pot to medium heat with a drizzle of oil. When hot, fry the ostrich chunks until browned, 1-2 minutes. Remove from the pot and season.

4. CURRY Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes. Add a knob of butter, the tomato paste, and the NOMU & chilli mix, and fry until fragrant, 1-2 minutes. Pour in the yoghurt and 100ml [200ml] of water. Lower the heat and simmer until the curry is slightly reduced, 6-8 minutes. In the final 1-2 minutes, add the spinach and the ostrich, and cook until the spinach is wilted. Add a sweetener and seasoning.

5. DIVINE DINNER Plate up the fragrant rice and the curry. Sprinkle over the toasted mixed nuts. Well done, Chef.