



UCOOK

Ostrich Breyani

with brown basmati rice & yoghurt

This dish is an ode to the traditional breyani of South Africa, but with a twist! Flavours of fresh coriander, cumin, and whole cardamom & cinnamon take it to the top of the yum scoreboard! Ostrich chunks are fried in this heavenly spice blend before being tossed in basmati rice. The entire dish is then dolloped with creamy yoghurt. This one is very lekker, we guarantee it!

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Morgan Otten

Simple & Save

Groote Post Winery | Groote Post Riesling
2022

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Ingredients & Prep

400ml	Brown Basmati Rice <i>rinse</i>
15g	Fresh Coriander
2	Garlic Cloves <i>peel & grate</i>
2	Onions <i>peel & roughly dice</i>
60ml	NOMU Indian Rub
10ml	Whole Spice Mix <i>(2 Cinnamon Sticks, 10ml Cumin Seeds & 2 Cardamom Pods)</i>
600g	Ostrich Chunks <i>pat dry & cut into small pieces</i>
160ml	Low Fat Plain Yoghurt
2	Tomatoes <i>rinse & dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. NICE RICE, CHEF! Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. HERB STATION Rinse the coriander. Place ½ of the coriander on a chopping board along with the grated garlic. Finely chop until combined in a chunky paste. Set aside.

3. BIG ON FLAVOUR Place a pot over medium-high heat with a drizzle of oil. Once hot, add the diced onion, the NOMU rub, the whole spice mix, and the ostrich pieces. Fry until the onion is soft and the ostrich is browned, 5-6 minutes (shifting occasionally). Add the coriander paste and a pinch of salt. Fry until fragrant, 5-6 minutes (shifting regularly). Add the cooked rice and gently toss for 1-2 minutes. Remove from the heat. Cover with a lid, and set aside to dry out for 10 minutes (there should be no liquid remaining). Remove from the heat, discard the cinnamon stick, and season.

4. FRESH DIP Finely chop ½ of the remaining coriander and place in a bowl with the yoghurt and seasoning. Mix until combined.

5. PLATE IT UP! Dish up the fragrant breyani alongside the diced tomato. Dollop over the herby yoghurt and garnish with the remaining coriander. Eat and be merry, because you earned it! (And watch out for those sneaky cardamom pods.)

Nutritional Information

Per 100g

Energy	549kJ
Energy	131kcal
Protein	8g
Carbs	18g
of which sugars	1.9g
Fibre	2.4g
Fat	3.2g
of which saturated	0.7g
Sodium	115mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days