



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: 50 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Kate Gomba

Adventurous Foodie

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Verdot 2020

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Ingredients & Prep

450g	Free-range Ostrich Strips <i>pat dry with paper towel & cut into bite-sized pieces</i>
300g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
2	Onions <i>peel, finely dice ¼ & roughly dice ¾</i>
2	Tomatoes <i>rinse & finely dice 1½</i>
2	Bell Peppers <i>rinse, deseed, finely dice ¼ & roughly dice ¾</i>
45ml	Lime Juice
360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30ml	NOMU Beef Rub
90ml	Red Wine
300ml	Tomato Passata
225ml	Polenta
90g	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 600ml 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 1L 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