



# UCOOK

## Peruvian Ostrich Stew

with carrots & potatoes

How exciting, Chef! After today, you can add Peruvian food to your culturally-rich culinary repertoire. With a combination of cuisines such as the Inca, Spanish, Italian, Chinese, Japanese, and Africa, this mouthwatering, multidimensional stew features seared ostrich, a special UCOOK spice mix, red wine, tangy tomato paste & fresh parsley.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Fan Faves

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon

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## Ingredients & Prep

150g	Free-range Ostrich Chunks
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; roughly dice ½</i>
200g	Baby Potatoes <i>rinse &amp; quarter</i>
10ml	Tomato Paste
1	Garlic Clove <i>peel &amp; grate</i>
20ml	Spice Mix <i>(10ml Ground Coriander &amp; 10ml Ground Paprika)</i>
30ml	Red Wine
200g	Cooked Chopped Tomato
2	White Bread Slices
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. BROWN OSTRICH** Place a pot over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pot.

**2. START THE STEW** Return the pot to medium-high heat with a drizzle of oil if necessary. When hot, fry the carrot pieces, the diced onions, and the potatoes until browned, 5-6 minutes. Add the tomato paste, the grated garlic, the spice mix, and fry until fragrant, 1-2 minutes. Deglaze the pot with the wine and simmer until almost evaporated.

**3. FINISH THE STEW** Add the cooked chopped tomato and 200ml of water to the pot. Simmer until the veggies are cooked through and the sauce is thickening, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich chunks and simmer until warmed through. Add a sweetener (to taste) and season.

**4. GOLDEN BREAD** Spread butter or oil over the bread slices. Place a pan over medium heat. When hot, toast the bread slices until golden, 1-2 minutes per side. Remove from the pan.

**5. DINNER IS READY** Bowl up the ostrich stew and sprinkle over the chopped parsley. Serve the golden bread on the side. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	424kj
Energy	101kcal
Protein	4.7g
Carbs	15g
of which sugars	3.3g
Fibre	1.8g
Fat	2g
of which saturated	0.4g
Sodium	145mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol, Soy

Eat  
Within  
4 Days