



QCOOK

Rustic Ostrich Stew

with carrot & lemon herby cucumber

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	429kj	3151kj
Energy	103kcal	754kcal
Protein	5.9g	43.5g
Carbs	15g	109g
of which sugars	2.7g	19.9g
Fibre	1.6g	11.7g
Fat	1.9g	14g
of which saturated	0.5g	3.4g
Sodium	81mg	592mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200g	White Basmati Rice <i>rinse</i>
150g	300g	Free-range Ostrich Strips
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30ml	Spice Blend <i>(10ml [20ml] NOMU Rub & 5ml [10ml] Curry Powder)</i>
100ml	200ml	Tomato Passata
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
15ml	30ml	Lemon Juice
100g	200g	Cucumber <i>rinse & cut into bite-sized pieces</i>

From Your Kitchen

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

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. 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. Fluff with a fork and cover.

2. BROWN THE STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned but not cooked through, 30-60 seconds (shifting occasionally). Remove from the pan and season.

3. SIMPLE STEW Return the pan to medium heat with a drizzle of oil if necessary. Fry the carrot and onion until turning golden, 5-7 minutes (shifting occasionally). Add the spice blend and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of water. Bring to a boil and simmer until thickening and the carrot is cooked through and tender, 12-15 minutes. In the final 1-2 minutes, mix in the ostrich, ½ of the parsley, and season. Remove from the heat and add a sweetener (to taste).

4. ZINGY CUCUMBER In a bowl, combine the lemon juice with a drizzle of olive oil. Add the cucumber, the remaining parsley, toss to combine, and season.

5. DINNER IS READY Make a bed of the rice, spoon over the ostrich stew, and serve alongside the herby cucumber. Enjoy, Chef!

Chef's Tip Let the stew simmer gently to thicken and deepen the flavour.