



# UCOOK

## Ostrich Keema & Poppadoms

with carrot sambal, raita & fresh coriander

We put a new spin on ostrich mince with this spicy, stovetop-only Indian-style dish flecked with fresh coriander and pops of peas. Served with crunchy poppadoms for scooping up all of that yummy curry. Sided with a sweet carrot, tomato & sultana sambal, and a creamy raita.

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 Carb Conscious

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 Waterkloof | Circumstance Petit Verdor

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## Ingredients & Prep

1	Onion <i>peeled &amp; finely diced</i>
70ml	Curry Mix <i>(40ml Spice &amp; All Things Nice Tikka Curry Paste &amp; 30ml Tomato Paste)</i>
300g	Free-range Ostrich Mince
400g	Cooked Chopped Tomato
20ml	Red Wine Vinegar
120g	Carrots <i>peeled, trimmed &amp; grated</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
30g	Golden Sultanas
5g	Fresh Coriander <i>rinsed &amp; picked</i>
100g	Peas
4	Poppadoms
80ml	Raita

## From Your Kitchen

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

**1. CURRY MINCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 5-7 minutes (shifting occasionally). Add the curry mix and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Pour in the cooked chopped tomato and 100ml of water. Simmer until thickened, 20-25 minutes (stirring occasionally).

**2. CARROT SAMBAL** In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, and seasoning. Add the grated carrot, the diced tomato, the sultanas and ½ of the picked coriander. Set aside for serving.

**3. ADD PEAS** Once the mince mixture has reduced, stir through the peas. Add a sweetener and season.

**4. POPPIN POPPADOMS** Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadoms start curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

**5. BOWLED OVER!** Bowl up a generous helping of the fragrant ostrich keema and sprinkle over the remaining coriander. Serve with the carrot sambal and the raita on the side. Remember the poppadoms to scoop up the curry!



## Chef's Tip

If you don't feel like frying them, place the poppadoms in the microwave for 20-30 seconds until crispy.

## Nutritional Information

Per 100g

Energy	362kj
Energy	87kcal
Protein	6.6g
Carbs	10g
of which sugars	5.3g
Fibre	2.6g
Fat	2.4g
of which saturated	0.5g
Sodium	144mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days