



UCOOK

Stroganoff Sauce & Ostrich

with toasted baguette

This stroganoff dish will surprise you with its unexpected flavours. We've replaced the traditional beef with succulent ostrich goulash, served on toasted baguette slices and coated in a rich, creamy mushroom, garlic, & sour cream sauce. It's a new take on a classic comfort food.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Fan Faves

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

450g	Free-range Ostrich Chunks
2	Onions <i>peel & finely dice</i>
375g	Button Mushrooms <i>cut into quarters</i>
30ml	Smoky Flour <i>(15ml [20ml])#7DA0D7 Smoked Paprika & 15ml [20ml])#7DA0D7 Cornflour)</i>
15ml	Tomato Paste
2	Garlic Cloves <i>peel & grate</i>
15ml	Beef Stock
125ml	Sour Cream
8g	Fresh Parsley <i>rinse & roughly chop</i>
120g	Peas
3	Sourdough Baguettes <i>cut into thick rounds</i>
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and season. When the oil is hot, fry for 1-2 minutes per side until browned. Remove from the pan.

2. STIR THE STROGANOFF Boil the kettle. Return the pan to medium heat with a drizzle of oil. When hot, add the onion and the mushrooms. Fry for 6-7 minutes until soft and browned, shifting occasionally. Add the smoky flour, the tomato paste, garlic, and a knob of butter. Fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 300ml [400ml]#7DA0D7 of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 5-6 minutes until thickened, stirring occasionally.

3. CREAMY & DREAMY When the sauce has 1-2 minutes remaining, add the cooked ostrich, the peas, the sour cream, and ½ the parsley. Loosen with a splash of warm water if it's too thick. Season and cover to keep warm.

4. TOAST Spread butter or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

5. DINNER IS SERVED Plate up the ostrich and stroganoff sauce, side with the baguette slices, and the fresh salad leaves. Garnish with a sprinkle of the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	8g
Carbs	15g
of which sugars	3g
Fibre	1.8g
Fat	3.7g
of which saturated	1.2g
Sodium	155mg

Allergens

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

Eat
Within
3 Days