



UCOOK

Ostrich & Mushroom Marmalade

**with fluffy rice, toasted almonds &
sun-dried tomatoes**

Perfectly tender ostrich fillet slices are accompanied by a home-made mushroom, balsamic, and port marmalade. Served with fluffy jasmine rice and sided with a sun-dried tomato salad. Garnished with toasted almonds. Fancy, Chef!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemell Willeberg

Adventurous Foodie

Muratie Wine Estate | Muratie Melck's Blended Red

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
45g	Almonds
375g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & finely slice ¾ [1]]#7DA0D7</i>
2	Garlic Cloves <i>peel & grate</i>
75ml	Marmalade Sauce <i>(60ml [80ml]]#7DA0D7 Balsamic Reduction & 15ml [20ml]]#7DA0D7 Port)</i>
450g	Free-range Ostrich Fillet
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

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

1. COOK THE RICE Place the rice in a pot with 600ml [800ml]]#7DA0D7 of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSHROOMS & ONIONS Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, fry the mushrooms until golden, 6-7 minutes (shifting occasionally). Reduce the heat to medium, add the onion and fry until soft, 4-5 minutes (shifting occasionally).

4. BALSAMIC MARMALADE Add the garlic to the pan and fry until fragrant, 30-60 seconds (shifting constantly). Pour in the marmalade sauce and add 30ml [40ml]]#7DA0D7 of sweetener. Simmer until the mushrooms are coated, 1-2 minutes. Remove from the heat, season, and cover.

5. FRY THE OSTRICH Place a clean pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. FRESH SALAD In a salad bowl, toss together the leaves, ½ the toasted almonds, the sun-dried tomatoes, a drizzle of olive oil, and seasoning.

7. DINNER IS READY Plate up the fluffy rice and the ostrich slices & top with the mushroom marmalade. Sprinkle over the remaining almonds. Side with the sun-dried tomato salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	583kj
Energy	139kcal
Protein	7.8g
Carbs	20g
of which sugars	5.9g
Fibre	1.8g
Fat	2.7g
of which saturated	0.4g
Sodium	63mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Eat
Within
3 Days