



UCCOOK

Autumn Ostrich Stew

with baby potatoes, peas & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	510kJ	3054kJ
Energy	122kcal	730kcal
Protein	7.9g	47.4g
Carbs	15g	90g
of which sugars	3.6g	21.8g
Fibre	2.3g	14g
Fat	2.4g	14.5g
of which saturated	0.6g	3.5g
Sodium	144mg	865mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Chunks
1	1	Onion <i>peel & roughly dice</i>
100g	200g	Baby Potatoes <i>rinse & cut into quarters</i>
15ml	30ml	Stew Spice <i>(10ml [20ml] NOMU Italian Rub & 5ml [10ml] NOMU Spanish Rub)</i>
50ml	100ml	Tomato Passata
50g	100g	Peas
75ml	150ml	Couscous
3g	5g	Fresh Coriander <i>rinse & finely chop</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. OSTRICH Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

2. CURRY Return the pot to medium heat with a drizzle of oil, if necessary. Fry the onion, and potatoes until the onion is soft and lightly golden, 5-6 minutes. Add the stew spice, and fry until fragrant, 30-60 seconds. Mix in the tomato passata, and 200ml [400ml] of water. Simmer until thickening and the potatoes are cooked through, 8-10 minutes. In the final 1-2 minutes, add the browned ostrich, the peas, a sweetener (to taste), and seasoning.

3. COUSCOUS While the curry is on the go, boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork, and mix in the coriander, and the piquanté peppers.

4. DINNER IS READY Dish up the couscous and side with the ostrich curry. Enjoy, Chef!