



UCOOK

Silky Ostrich Ragù

**with a crème fraîche & mushroom sauce,
and roasted sweet potato**

A dinner classic with touches of indulgence... Nourishing and glorious roasted sweet potato chunks match divinely with a creamy mushroom stroganoff sauce, thickened with gluten-free flour and packed with free-range ostrich. Peas, leeks and garlic are the perfect accompaniments!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

7,5ml	Stock & Herb Mix <i>(5ml Beef Stock & 2,5ml NOMU Provençal Rub)</i>
250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
150g	Free-range Ostrich Stroganoff
65g	Button Mushrooms <i>wiped clean & roughly sliced</i>
1	Onion <i>½ peeled & finely sliced</i>
2,5ml	Smoked Paprika
10ml	Gluten-free Flour
100g	Leeks <i>trimmed at the base & cut in half lengthways</i>
1	Garlic Clove <i>peeled & grated</i>
50g	Peas
45ml	Crème Fraîche
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Paper Towel
Butter (optional)

1. ROASTED POTS Preheat the oven to 200°C. Boil the kettle. Dilute the stock mix with 200ml of boiling water. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. START FRYING Pat the ostrich strips dry with paper towel. Place a pan over a high heat with a drizzle of oil. When hot, sear the strips for 1-2 minutes until browned but not cooked through. Remove from the pan on completion, season and set aside. Return the pan to a medium-high heat with another drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms for 4-5 minutes until golden, shifting as they colour. Remove from the pan and add to the bowl with the ostrich.

3. THE STROGANOFF BASE Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, sauté the sliced onion for 2-3 minutes until soft. Add the smoked paprika to taste and sauté for 30-60 seconds until fragrant. Stir through the flour and fry for another 30-60 seconds, shifting constantly. Gradually mix in the diluted stock mix, stirring continuously to prevent lumps. Bring to a simmer and cook for 3-4 minutes until thickened, stirring occasionally.

4. WHILE THE SAUCE IS SIMMERING... Rinse the leek halves thoroughly and roughly chop. Place another pan over a medium-high heat with a drizzle of oil. When hot, sauté the grated garlic and chopped leeks for 2-3 minutes until soft, shifting frequently. In the final minute, add the peas and toss to heat through.

5. LAST STRETCH! When the sauce has thickened, add in the ostrich strips and fried mushrooms, and simmer for another 1-2 minutes until the ostrich is cooked through. Stir in the crème fraîche for 1-2 minutes until combined. Season to taste.

6. DINNER IS SERVED Plate up the crispy roasted sweet potatoes next to the silky stroganoff. Serve the leek and pea salad on the side, and garnish with the chopped parsley. Voila, Chef!



Chef's Tip

Avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, they could end up boiled instead of caramelised!

Nutritional Information

Per 100g

Energy	415kj
Energy	99Kcal
Protein	5.9g
Carbs	11g
of which sugars	4g
Fibre	1.9g
Fat	3.3g
of which saturated	1.8g
Sodium	129mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days