



# 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!

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jewell Willeberg

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Adventurous Foodie

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Muratie Wine Estate | Muratie Melck's Blended  
Red

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## Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
60g	Almonds
500g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	Onion <i>peel &amp; finely slice <math>\frac{3}{4}</math> [1]]#7DA0D7</i>
2	Garlic Cloves <i>peel &amp; grate</i>
100ml	Marmalade Sauce <i>(60ml [80ml]]#7DA0D7 Balsamic Reduction &amp; 15ml [20ml]]#7DA0D7 Port)</i>
600g	Free-range Ostrich Fillet
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Sun-dried Tomatoes <i>drain &amp; 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,  $\frac{1}{2}$  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