

# UCCOOK

## Bangkok-Style Ostrich Curry

with baby marrow & spring onion

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-  
Blended Red

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 452kj    | 2879kj      |
| Energy             | 108kcal  | 689kcal     |
| Protein            | 7.8g     | 49.6g       |
| Carbs              | 6g       | 37g         |
| of which sugars    | 1.5g     | 9.5g        |
| Fibre              | 2.2g     | 14g         |
| Fat                | 5.5g     | 34.9g       |
| of which saturated | 2.5g     | 16.1g       |
| Sodium             | 160mg    | 1019mg      |

**Allergens:** Sulphites, Peanuts, Gluten, Wheat, Soya,  
Allium

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 600g     | 800g       | Baby Marrow<br><i>rinse, trim &amp; cut into bite-sized pieces</i>                                   |
| 15ml     | 20ml       | NOMU Roast Rub   |
| 450g     | 600g       | Free-range Ostrich Strips  |
| 2        | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely chop</i>                                       |
| 30ml     | 40ml       | Red Curry Paste  |
| 45ml     | 60ml       | Lemon Juice  |
| 15ml     | 20ml       | Low Sodium Soy Sauce   |
| 300ml    | 400ml      | Coconut Milk   |
| 45ml     | 60ml       | Peanut Butter  |
| 360g     | 480g       | Red Kidney Beans<br><i>drain &amp; rinse</i>   |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

**1. NOMU-SPICED VEG** Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the baby marrow with ½ the NOMU rub until charred, 2-3 minutes (shifting occasionally). Remove from the pan and season.

**2. O-YUM OSTRICH** Return the pan to medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

**3. ADD SOME HEAT** Return the pan to medium heat with a drizzle of oil. Add the spring onion whites, ½ the chilli (to taste), the remaining rub, and the curry paste (to taste). Fry until fragrant, 2-3 minutes (shifting constantly).

**4. COOL DOWN WITH COCONUT MILK** Add the lemon juice, the soy sauce, a sweetener (to taste), the coconut milk, and 300ml [400ml] of warm water. Mix until fully combined. Reduce the heat and simmer until slightly reduced and thickened, 10-12 minutes (stirring occasionally).

**5. ALMOST DONE** When the sauce has 2-3 minutes remaining, stir through the peanut butter, the kidney beans, and the cooked ostrich. Remove from the heat, add ½ the baby marrow and seasoning.

**6. TASTY THAI DINNER** Bowl up the Thai peanut ostrich and top with the remaining baby marrow. Sprinkle over the spring onion greens and chilli (to taste). Tuck in, Chef!