



UCOOK

Ostrich Chilli Con Carne

with roasted pumpkin

Depending where you are in the world, this dish has various names. Carne con chile, chilli con carne, or just chilli. Wherever your Google Maps location is, your tastebuds will always sing the same tune when you taste this spicy tomato, kidney bean, NOMU Cajun Rub & beef stock sauce coating seared ostrich chunks. Sided with oven-roasted pumpkin.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

 Groote Post Winery | Groote Post Merlot 2021

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Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
150g	Free-range Ostrich Chunks
5ml	Beef Stock
1	Onion <i>peel & roughly dice ½</i>
15ml	NOMU Cajun Rub
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
150g	Cooked Chopped Tomato
120g	Kidney Beans <i>drain & rinse</i>
20ml	BBQ Sauce
30ml	Sour Cream
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST Boil the kettle. Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BROWN OSTRICH Place a pot over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pot.

3. SAUCE Dilute the stock with 100ml of boiling water. Return the pot to medium heat with a drizzle of oil, if necessary. When hot, fry the diced onion until soft and lightly golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and the diluted stock. Simmer until reduced and thickened, 10-12 minutes. In the final 1-2 minutes, mix in the drained beans, the BBQ sauce, and the browned ostrich. Remove from the heat, add a sweetener (to taste), and season.

4. DINNER IS READY Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the chopped parsley and any remaining chilli (to taste). Side with the roasted pumpkin pieces. Well done, Chef!



Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	6.3g
Carbs	9g
of which sugars	3.7g
Fibre	2.5g
Fat	2.9g
of which saturated	0.9g
Sodium	190mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days