



# UCOOK

## Silky Ostrich Stroganoff

with a crème fraîche and mushroom  
sauce & carrot mash

A dinner classic with touches of indulgence... Nourishing and subtly sweet, carrot mash matches divinely with creamy mushroom stroganoff sauce, thickened with gluten-free flour and packed with free-range ostrich.

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**Hands-On Time:** 35 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Samantha Finnegan

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 Health Nut

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Prof

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## Ingredients & Prep

30ml	Stock & Herb Mix <i>(20ml Beef Stock &amp; 10ml NOMU Provençal Rub)</i>
960g	Carrot <i>peeled &amp; cut into bite-sized chunks</i>
600g	Free-range Ostrich Stroganoff
250g	Button Mushrooms <i>wiped clean &amp; roughly sliced</i>
2	Onions <i>peeled &amp; finely sliced</i>
10ml	Smoked Paprika
40ml	Gluten-free Flour
160g	Green Leaves <i>rinsed</i>
30ml	Balsamic Vinegar
120ml	Crème Fraîche

## From Your Kitchen

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

**1. STEAM THE CARROT** Boil a full kettle. Dilute the stock mix with 480ml of boiling water and set aside. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the carrot chunks in a colander over the pot. Cover with a lid and allow to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Drain on completion and return to the pot. Cover to keep warm and set aside.

**2. START FRYING** Pat the ostrich strips dry with paper towel. Place a large pan over a high heat with a drizzle of oil. When hot, sear the strips for 2-3 minutes until browned but not cooked through. On completion, season and set aside in a bowl. You may need to do this step in batches to avoid overcrowding. Return the pan to a medium-high heat with another drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 5-6 minutes until golden, shifting as they colour. Season, remove from the pan, and add to the bowl of 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 4-5 minutes until soft. Add the smoked paprika to taste and sauté for 30-60 seconds until fragrant. Stir through the flour and fry for 30-60 seconds, shifting constantly. Gradually mix in the diluted stock, stirring continuously to prevent lumps. Simmer for 6-7 minutes until thickened, stirring occasionally.

**4. WHILE THE SAUCE IS SIMMERING** Toss the rinsed green leaves with 20ml of olive oil, some seasoning, and the balsamic vinegar to taste. Set aside for serving. Mash the carrot with a knob of butter or coconut oil (optional) and a splash of milk or warm water until smooth. Season, replace the lid, and set aside for serving.

**5. LAST STRETCH!** When the sauce has thickened, add in the ostrich and mushrooms, and simmer for another 3-4 minutes until the ostrich is cooked through. Stir through the crème fraîche for 2-3 minutes until combined. Remove from the heat and season to taste.

**6. DINNER IS SERVED** Plate up the vibrant carrot mash and side with the silky stroganoff. Serve the dressed leaves on the side, and there you have it!



## Chef's Tip

For best results, avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary, adding more oil and butter between batches. Mushrooms release water, so if there are too many in the pan, you can end up with boiled mushrooms!

## Nutritional Information

Per 100g

Energy	305kJ
Energy	73Kcal
Protein	5.4g
Carbs	7g
of which sugars	3.6g
Fibre	1.9g
Fat	2.3g
of which saturated	1.2g
Sodium	124mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days