



UCOOK

Ostrich Fillet on Toasty Korma

with chickpeas, butternut & coconut raita

Nights as cold as these call for a curry such as this one. A beautiful Korma vegetable curry base is topped with perfectly cooked ostrich slivers and a fresh coconut cucumber raita. Finished off with the crispiest poppadoms - what an amazing way to warm the body & belly!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

🍷 Cavalli Estate | Warlord

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Ingredients & Prep

500g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peeled & roughly diced</i>
30g	Fresh Ginger <i>peeled & grated</i>
240g	Chickpeas <i>drained & rinsed</i>
40ml	Spice & All Things Nice Korma Curry Paste
200ml	Coconut Milk
60ml	Coconut Yoghurt
100g	Cucumber <i>grated & liquid squeezed out</i>
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
100g	Spinach <i>rinsed & roughly shredded</i>
320g	Free-range Ostrich Steak
2	Poppadoms

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Place the butternut pieces 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. CURRY BASE & RAITA Place a pot (big enough for the curry) over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 1-2 minutes until translucent. Add the grated ginger, the drained chickpeas and ½ of the korma curry paste and fry for 30-60 seconds until fragrant, stirring constantly. Add the coconut milk and bring to a simmer. Simmer for 6-7 minutes until the curry has thickened. Using a small bowl, combine the coconut yoghurt and the grated cucumber. Season to taste and set aside.

3. MORE ADDITIONS When the butternut is cooked, remove from the oven and stir it through the curry. Add any remaining curry paste (to taste and if you fancy more spice!). Mix through ½ of the chopped coriander and the shredded spinach. Simmer for a further minute until the spinach is wilted. Remove from the heat on completion and season to taste. Cover to keep warm.

4. SIZZLING STEAK Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with a paper towel. When the pan is hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. POPPIN' POPPADOMS Return the pan, wiped clean, over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. CURRY CRAVINGS SATISFIED Spoon up some glorious veg curry into bowls and lay over the juicy steak slices. Finish off with dollops of the coconut raita and side with the crispy poppadom. Garnish with the remaining chopped coriander. Time to dive in!

Nutritional Information

Per 100g

Energy	390kJ
Energy	93Kcal
Protein	6.1g
Carbs	8g
of which sugars	2.2g
Fibre	1.9g
Fat	2.9g
of which saturated	1.8g
Sodium	123mg

Allergens

Allium, Sulphites

Cook
within 2
Days