

QCOOK

TRILENNIUM's Creamy Ostrich Stroganoff

with toasted baguette

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: TRILENNIUM

Nutritional Info	Per 100g	Per Portion
Energy	558kj	3751kj
Energy	133kcal	897kcal
Protein	8.2g	55.4g
Carbs	16g	107g
of which sugars	3g	20.3g
Fibre	1.9g	12.5g
Fat	3.8g	25.7g
of which saturated	1.2g	8.3g
Sodium	159mg	1072mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
2	2	Onions <i>peel & finely dice</i>
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
30ml	40ml	Smoky Flour <i>(15ml [20ml] Smoked Paprika & 15ml [20ml] Cornflour)</i>
15ml	20ml	Tomato Paste
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Beef Stock
120g	160g	Peas
125ml	160ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
3	4	Sourdough Baguettes <i>cut into thick rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and season. When the oil is hot, fry for 1-2 minutes per side until browned. Remove from the pan.

2. STIR THE STROGANOFF Boil the kettle. Return the pan to medium heat with a drizzle of oil. When hot, add the onion and the mushrooms. Fry for 5-6 minutes until soft and browned, shifting occasionally. Add the smoky flour, the tomato paste, garlic, and a knob of butter. Fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 300ml [400ml] of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 4-5 minutes until thickened, stirring occasionally.

3. CREAMY & DREAMY When the sauce has 1-2 minutes remaining, add the cooked ostrich, the peas, the sour cream, and ½ the parsley. Loosen with a splash of warm water if it's too thick. Season and cover to keep warm.

4. TOAST Spread butter or oil over the baguette/s. Place a clean pan over medium heat. When hot, toast the baguette/s until golden, 1-2 minutes per side.

5. DINNER IS SERVED Plate up the ostrich and stroganoff sauce and side with the baguette slices. Garnish with a sprinkle of the remaining parsley. Well done, Chef!