



UCCOOK

Spicy Ostrich Vindaloo

with a poppadom, raita & cashew nuts

Get ready for a yummy kick of flavour with this spicy number. Notes of rich, zingy tomato, fried garlic & warming Indian spices come together in this memorable ostrich curry. The heat is balanced with a cooling raita & fresh sambal on the side. So, grab a crispy poppadom and start scooping!


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Paserene | Rosie Rosé

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Ingredients & Prep

10g	Cashew Nuts <i>roughly chopped</i>
150g	Free-range Ostrich Chunks <i>patted dry with paper towel & cut into bite-sized pieces</i>
120g	Carrot <i>rinsed, trimmed, ½ finely diced & ½ roughly grated</i>
1	Onion <i>½ peeled & finely diced</i>
10ml	Vindaloo Spice <i>(1 Bay Leaf & 10ml NOMU Indian Rub)</i>
30ml	Spice & All Things Nice Durban Curry Paste
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & roughly chopped</i>
100ml	Tomato Passata
1	Tomato <i>rinsed & roughly diced</i>
1	Poppadom
30ml	Raita

From Your Kitchen

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

1. TIME FOR A TOAST Place the chopped cashews in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. FRAGRANT FRY-UP Return the pot to medium-high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned, 2-3 minutes (shifting occasionally). Add the diced carrot and ½ the diced onion. Fry until starting to soften, 4-5 minutes (shifting occasionally).

3. SPICE & ALL THINGS NICE When the onion and the carrot have started to soften, add the vindaloo spice, the curry paste, the grated garlic, and the sliced chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 150ml of water. Bring to a boil. Lower the heat a little and simmer until slightly reduced, 10-15 minutes. Add a sweetener and seasoning.

4. SENSATIONAL SAMBAL While the curry is simmering, place the diced tomato, the remaining onion (to taste), the grated carrot, a drizzle of olive oil, and seasoning in a bowl. Mix until combined and set aside.

5. POPPING POPS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. EAT IT UP Bowl up the delicious vindaloo curry. Dollop over the raita. Serve the sambal and the crispy poppadoms on the side. Scatter over the toasted cashews and there you have it!



Chef's Tip

If you don't feel like frying the poppadoms, heat them in the microwave until crispy, 20-30 seconds.

Nutritional Information

Per 100g

Energy	335kj
Energy	80kcal
Protein	7.1g
Carbs	7g
of which sugars	3.3g
Fibre	1.6g
Fat	2.3g
of which saturated	0.4g
Sodium	249mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days