



UCOOK

One-pot Moroccan Ostrich

with dried apricots & fresh mint


This rich and luscious ostrich stew is packed with carrots, onions, chickpeas, garlic, and red wine. It is finished off with fresh mint and a crispy poppadom for scooping up all the yumminess. A perfect bowl of warm deliciousness to have in your hands on a cold winter's night!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Alvi's Drift | 221 Pinotage

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Ingredients & Prep

150g	Free-range Ostrich Chunks
1	Onion <i>½ peeled & finely diced</i>
240g	Carrot <i>trimmed, peeled & cut into bite-sized chunks</i>
10ml	NOMU Moroccan Rub
60g	Chickpeas <i>drained & rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Red Wine
100ml	Tomato Passata
1	Poppadom
5ml	Cornflour
10g	Dried Apricots <i>roughly chopped</i>
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. OSTRICH & FAMOUS Pat the ostrich dry with paper towel. Place a pan over medium heat with a drizzle of oil. When hot, fry the ostrich chunks until browned, 2-3 minutes (shifting occasionally). Remove from the pan and season.

2. STEW, THAT WAS CLOSE! Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion and the carrot chunks until softening, 4-5 minutes (shifting occasionally). Add the NOMU rub, the drained chickpeas, and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost all evaporated, 2-3 minutes. Pour in the tomato passata and 100ml of water, reduce the heat, and simmer until slightly thickened, 8-10 minutes.

3. POPPADOM PARTY Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom. 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. Carefully remove from the pan on completion and allow to drain on some paper towel.

4. THE FINALE In a bowl, combine the cornflour with 10ml of water. When the stew has 2-3 minutes remaining, add the loosened cornflour, the browned ostrich, ½ the chopped apricots, and seasoning.

5. THE MAIN EVENT Plate up the ostrich stew and sprinkle over the chopped mint and remaining apricots. Side with the crispy poppadom for dunking. Well done, Chef!



Chef's Tip

If you don't feel like frying the poppadoms, cook them in the microwave! Heat them one at a time in 10 second bursts. Do this until puffed and crispy – about 30-40 seconds in total.

Nutritional Information

Per 100g

Energy	326kj
Energy	78kcal
Protein	6.4g
Carbs	10g
of which sugars	4.3g
Fibre	2.4g
Fat	1g
of which saturated	0.2g
Sodium	140mg

Allergens

Allium, Sulphites, Alcohol

Cook
within
4 Days