



UCCOOK

Quick Ostrich Trinchado

with bell pepper & sour cream

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jordyn Henning

Wine Pairing: Nítída | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	349kJ	3031kJ
Energy	83kcal	724kcal
Protein	5.2g	45.3g
Carbs	10g	90g
of which sugars	3g	25.9g
Fibre	1.3g	11.5g
Fat	2.1g	18g
of which saturated	0.5g	4.1g
Sodium	161mg	1402mg

Allergens: Sulphites, Gluten, Sugar Alcohol (Sweetener), Wheat, Cow's Milk, Alcohol, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
225g	300g	Sliced Onion
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
90ml	125ml	Red Wine
2 units	2 units	UCOOK Napoletana Sauce
60ml	80ml	Colleen's Peri-peri Sauce
3	4	Portuguese Rolls
150ml	200ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

Paper Towel

Butter (optional)

Sugar/Sweetener/Honey

1. BROWNED OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

2. NAPOLETANA SAUCE Return the pot to medium-high heat with a drizzle of oil. Fry the onion and the pepper until slightly golden, 6-7 minutes (shifting occasionally). Add the wine and cook until almost all evaporated, 1-2 minutes. Add the Napoletana sauce and the peri-peri sauce (to taste). Simmer until reduced and thickened, 8-10 minutes. Add the ostrich, sweetener (to taste), season, and remove from the heat.

3. ON A ROLL Halve the rolls, and spread butter or oil over the cut sides. Place another pan over medium heat. When hot, toast the roll, cut-side down, until golden, 1-2 minutes.

4. TASTY TRINCHADO Bowl up the ostrich trinchado, top with dollops of sour cream, and garnish with the parsley. Serve the toasted roll on the side.