



UCOOK

Ostrich Curry & Saffron Fragrant Rice

with toasted almonds & cashew nuts


Over a bed of golden-coloured basmati rice, layered with pops of sweet sultanas and silky-fried onions, comes a generous helping of tomato, chilli & yoghurt South Asian ostrich curry. These spices and fragrances all sing together to make a perfectly tuned meal.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Morgan Otten

 Adventurous Foodie

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

2	Onions <i>peeled, ½ finely diced & ½ roughly sliced</i>
2	Bay Leaves
60g	Golden Sultanas <i>roughly chopped</i>
400ml	White Basmati Rice <i>rinsed</i>
200ml	Golden Water <i>(0.8g Saffron & 200ml Water)</i>
80g	Mixed Nuts <i>(40g Almonds & 40g Cashew Nuts)</i>
600g	Free-range Ostrich Chunks
40ml	Tomato Paste
80ml	NOMU & Chilli Mix <i>(60ml NOMU Tandoori Rub & 20ml Dried Chilli Flakes)</i>
1	Double Thick Yoghurt
160g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. SAFFRON RICE Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft and translucent, 5-6 minutes. Add the bay leaves, the chopped sultanas, and the rinsed rice. Stir until fragrant, 2-3 minutes. Pour in the golden water and 600ml of water, and season. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Discard the bay leaves, fluff with a fork, and cover.

2. MIX THINGS UP Roughly chop the mixed nuts and place in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. BROWN OSTRICH Pat the ostrich chunks dry with paper towel. Return the pot to medium heat with a drizzle of oil. When hot, fry the ostrich chunks until browned, 1-2 minutes. Remove from the pot and season.

4. CURRY Return the pot to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 5-6 minutes. Add a knob of butter, the tomato paste, and the NOMU & chilli mix, and fry until fragrant, 1-2 minutes. Pour in the yoghurt and 400ml of water. Lower the heat and simmer until the curry is slightly reduced, 8-10 minutes. In the final 1-2 minutes, add the shredded spinach and the browned ostrich, and cook until the spinach is wilted. Add a sweetener and seasoning.

5. DIVINE DINNER Plate up the fragrant rice and the curry. Sprinkle over the toasted mixed nuts. Well done, Chef.

Nutritional Information

Per 100g

Energy	647kJ
Energy	155kcal
Protein	10.5g
Carbs	20g
of which sugars	3.8g
Fibre	1.9g
Fat	3.7g
of which saturated	1g
Sodium	137mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days