



# UCCOOK

## Stettyn's Quick Ostrich Trinchado

with bell pepper & sour cream

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Stettyn Winery

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Pinotage

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 375kJ    | 3445kJ      |
| Energy             | 90kcal   | 823kcal     |
| Protein            | 5.1g     | 46.5g       |
| Carbs              | 10g      | 92g         |
| of which sugars    | 3g       | 27.6g       |
| Fibre              | 1.3g     | 11.5g       |
| Fat                | 3g       | 27.7g       |
| of which saturated | 1g       | 9.2g        |
| Sodium             | 154mg    | 1417mg      |

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 150g     | 300g       | Free-range Ostrich Chunks                                       |
| 75g      | 150g       | Sliced Onion  |
| 1        | 1          | Bell Pepper<br><i>rinse, deseed &amp; cut ½ [1] into strips</i> |
| 30ml     | 60ml       | Red Wine  |
| 1 unit   | 1 unit     | UCOOK Napoletana Sauce  |
| 20ml     | 40ml       | Colleen's Peri-peri Sauce                                       |
| 1        | 2          | Portuguese Roll/s   |
| 50ml     | 100ml      | Sour Cream  |
| 3g       | 5g         | Fresh Parsley<br><i>rinse &amp; roughly chop</i>                |

## From Your Kitchen

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

**1. BROWNE 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, 2-3 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, 5-6 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, 5-6 minutes. Add the ostrich, sweetener (to taste), season, and remove from the heat.

**3. ON A ROLL** Halve the roll/s, and spread butter or oil over the cut sides. Place another pan over medium heat. When hot, toast the roll/s, 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.