



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 3 People

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**Chef:** Morgan Otten

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 Adventurous Foodie

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 Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

2	Onions <i>peeled, ½ finely diced &amp; ½ roughly sliced</i>
2	Bay Leaves
45g	Golden Sultanas <i>roughly chopped</i>
300ml	White Basmati Rice <i>rinsed</i>
150ml	Golden Water <i>(0,6g Saffron &amp; 150ml Water)</i>
60g	Mixed Nuts <i>(30g Almonds &amp; 30g Cashew Nuts)</i>
450g	Free-range Ostrich Chunks
30ml	Tomato Paste
60ml	NOMU & Chilli Mix <i>(45ml NOMU Tandoori Rub &amp; 15ml Dried Chilli Flakes)</i>
1	Greek Yoghurt 300ml
120g	Spinach <i>rinsed &amp; 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 450ml 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 300ml 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