



UCOOK

Ostrich Stew & Green Bean Salad

with roasted butternut, artichokes & pickled pepper

Say hello to your new favourite hearty & healthy weeknight dinner. Sweet roasted butternut lays the foundation for a tangy tomato & red wine stew dotted with tender ostrich pieces. Sided with a fresh green bean salad elevated with artichokes & pickled peppers. Garnished with a scattering of fresh mint.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021

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Ingredients & Prep

1	Butternut Whole <i>deseeded, peeled (optional) & cut into bite-sized pieces</i>
80g	Green Beans <i>rinsed, trimmed & cut into thirds</i>
150g	Free-range Ostrich Chunks <i>patted dry & cut into small pieces</i>
1	Onion <i>½ peeled & finely diced</i>
10ml	NOMU Italian Rub
10ml	Red Wine
100ml	Tomato Passata
20g	Green Leaves <i>rinsed</i>
40g	Artichoke Quarters <i>drained & roughly chopped</i>
15g	Piquanté Peppers <i>drained</i>
15ml	Red Wine Vinegar
3g	Fresh Mint <i>rinsed, picked & roughly sliced</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. BEAN THERE, DONE THAT Boil the kettle. Place a pot with salted boiling water over high heat. Once bubbling rapidly, blanch the sliced green beans until al dente, 2-3 minutes. Drain and run under cold water to stop the cooking process.

3. I'LL FRY IF I WANT TO Place a pan over medium-high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. START THE STEW Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft and browned, 3-4 minutes (shifting occasionally). Add the NOMU rub and the wine. Cook until almost all evaporated, 1-2 minutes.

5. SIMMERING AWAY When the wine has almost all evaporated, add the tomato passata and 100ml of warm water to the pan. Reduce the heat and simmer until reduced and thickening, 10-12 minutes (stirring occasionally). In the final 1-2 minutes, add the browned ostrich pieces. Remove from the heat, add a sweetener, and season.

6. IT'S A TOSS UP In a bowl, combine the rinsed leaves, the blanched green beans, the chopped artichokes, the drained pickled peppers, the red wine vinegar, and seasoning.

7. GRAB THE PLATES! Plate up the roasted butternut. Top with the ostrich stew and side with the fresh salad. Garnish with the sliced mint. Beautiful work, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	264kJ
Energy	63kcal
Protein	5.4g
Carbs	8g
of which sugars	3g
Fibre	1.9g
Fat	0.8g
of which saturated	0.2g
Sodium	87mg

Allergens

Allium, Sulphites, Alcohol

Cook
within
4 Days