



UCOOK

Spanish Ostrich Stew

with wilted spinach & brown rice

A tasty, rich and soul-warming stew for a chilly winter night! Ostrich is cooked until tender and then added to a glistening tomato sauce packed with carrot olives, pickled peppers, and spinach. It is served over fluffy brown rice topped with sprinklings of fresh parsley.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Quick & Easy

 Simonsig | Gewürztraminer

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Ingredients & Prep

400ml	Brown Rice <i>rinsed</i>
480g	Carrot
2	Garlic Cloves
120g	Pickled Bell Peppers
2	Onions
600g	Free-range Ostrich Chunks
40ml	NOMU Spanish Rub
400ml	Tomato Passata
20ml	Beef Stock
120g	Pitted Kalamata Olives <i>drained & halved</i>
200g	Spinach <i>rinsed & roughly shredded</i>
15g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary), and cover.

2. PREP STEP Trim, peel, and cut the carrot into bite-sized pieces. Peel and grate the garlic cloves. Drain and roughly slice the pickled bell peppers. Peel and roughly chop the onions.

3. BROWN THE MEAT Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel and season. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. START THE SAUCE Boil the kettle. Return the pot to medium heat with a drizzle of oil. When hot, fry the carrot pieces and the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

5. BEAUTIFUL STEW When the garlic is fragrant, add the tomato passata, the stock, and 600ml of boiling water. Simmer until slightly reduced, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich, the sliced pickled peppers, the halved olives, and the shredded spinach. Add a sweetener and season.

6. GET COSY! Dish up the fluffy brown rice. Serve with the Spanish ostrich stew. Sprinkle over the picked parsley. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.9g
Carbs	15g
of which sugars	3.5g
Fibre	2.5g
Fat	1.7g
of which saturated	0.3g
Sodium	281.7mg

Allergens

Allium, Sulphites

Cook
within 5
Days