



# UCCOOK

## Spicy Durban Ostrich Curry

with coriander yoghurt

**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	488kJ	3697kJ
Energy	117kcal	884kcal
Protein	6.5g	49.2g
Carbs	17g	130g
of which sugars	1.7g	13g
Fibre	1.4g	10.7g
Fat	2.2g	16.6g
of which saturated	0.5g	3.9g
Sodium	65mg	495mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
450g	600g	Free-range Ostrich Chunks
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
600g	800g	Potato <i>peel &amp; cut into bite-sized pieces</i>
45ml	60ml	Spice & All Things Nice Durban Curry Paste
300ml	400ml	Tomato Passata
125ml	160ml	Low Fat Plain Yoghurt
8g	10g	Fresh Coriander <i>rinse &amp; finely chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)  
Sugar/Sweetener/Honey

**1. FLUFFY RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. 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. Fluff with a fork and cover.

**2. BROWN THE OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**3. FRY FOR FLAVOUR** Return the pan to medium heat with a drizzle of oil and a knob of butter if necessary. Fry the onion and the potatoes until the onion is soft and lightly golden, 7-8 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 2-3 minutes (shifting constantly). Pour in the tomato passata and 600ml [800ml] of water. Simmer until the sauce is thickening and potatoes are soft, 15-20 minutes. In the final 2-3 minutes, add the ostrich, and sweetener (to taste). Remove from the heat and season.

**4. JUST BEFORE SERVING** In a small bowl, combine the yoghurt with ½ of the coriander.

**5. TIME TO EAT** Plate up the steaming rice and smother it in the ostrich and curry sauce. Finish with dollops of the coriander yoghurt and garnish with the remaining coriander. Looks lekker, Chef!