



# UCOOK

## Spanish Mince & Rice

with ostrich, sour cream, & kidney beans

This dish begins with a bed of aromatic jasmine rice, which is then topped with a good portion of tangy tomatoey, rich ostrich stew, loaded with meaty kidney beans. To balance the richness out, add a dash of sour cream. Buen provecho, Chef!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 4 People


---

**Chef:** Rhea Hsu

---

 **\*NEW Simple & Save**

---

 **Waterkloof | Peacock Merlot**

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

400ml	Jasmine Rice
2	Onions <i>peeled &amp; finely diced</i>
600g	Ostrich Mince
30ml	NOMU Spanish Rub
400g	Cooked Chopped Tomato
240g	Kidney Beans <i>drained &amp; rinsed</i>
80ml	Sour Cream

## From Your Kitchen

---

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

**1. SIMMER & STEAM** Rinse the rice and place in a pot over medium-high heat. Submerge in 900ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

**2. MAKE MINCEMEAT OF THIS STEP** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 5-6 minutes until browned, shifting occasionally. Add the rub and fry for 1-2 minutes until fragrant, shifting constantly.

**3. FANTASTIC FRAGRANCES** When the rub is fragrant, add the cooked chopped tomato and 150ml of water to the pan. Bring to a simmer. Once simmering, lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally.

**4. PERFECT THE STEW** When the stew has 3-4 minutes remaining, add the drained kidney beans. Season with a sweetener of choice, salt, and pepper. Loosen the sour cream with a splash of water.

**5. SENSATIONAL SPANISH** Bowl up the steaming rice and spoon over the Spanish ostrich. Drizzle over the sour cream and it is time to dig in, Chef!

## Nutritional Information

---

Per 100g

Energy	608kj
Energy	145kcal
Protein	8.6g
Carbs	18g
of which sugars	2g
Fibre	2g
Fat	3.7g
of which saturated	1.1g
Sodium	174mg

---

## Allergens

Dairy, Allium

Cook  
within  
4 Days