



# UCCOOK

## Massaman & Ostrich Pita

with fresh sambal & yoghurt

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Syrah Grenache

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 389kJ    | 3696kJ      |
| Energy             | 93kcal   | 884kcal     |
| Protein            | 5.5g     | 52.1g       |
| Carbs              | 11g      | 101g        |
| of which sugars    | 2.2g     | 20.7g       |
| Fibre              | 1.6g     | 15.4g       |
| Fat                | 3g       | 28.8g       |
| of which saturated | 1.4g     | 13g         |
| Sodium             | 103mg    | 975mg       |

**Allergens:** Shellfish, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

|          |            |                                                                 |
|----------|------------|-----------------------------------------------------------------|
| Serves 3 | [Serves 4] |                                                                 |
| 450g     | 600g       | Free-range Ostrich Chunks                                       |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                 |
| 90ml     | 125ml      | Tomato Paste                                                    |
| 45ml     | 60ml       | Spice & All Things Nice<br>Massaman Curry Paste                 |
| 150ml    | 200ml      | Coconut Cream                                                   |
| 3        | 4          | Pita Breads                                                     |
| 1        | 1          | Lemon<br><i>rinse, zest &amp; cut into wedges</i>               |
| 240g     | 320g       | Baby Tomatoes<br><i>rinse &amp; cut into quarters</i>           |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>          |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                     |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely slice</i> |
| 150ml    | 200ml      | Greek Yoghurt                                                   |

## From Your Kitchen

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

**1. BROWN OSTRICH** Place a pot over high heat with a drizzle of oil. Pat the ostrich dry with paper towel, cut into small pieces, and season. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

**2. MASSAMAN** Return the pot to medium heat with a knob of butter and a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 5-6 minutes. Add the tomato paste, curry paste, and fry until fragrant, 2-3 minutes. Mix in coconut cream, 300ml [400ml] of water and simmer until thickening, 10-12 minutes. In the final 2-3 minutes, add the ostrich. Remove from the heat, add a sweetener, and season.

**3. TOASTED PITA** Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

**4. SAMBAL** In a bowl, combine a squeeze of lemon juice, zest (all to taste), with a drizzle of olive oil and mix to emulsify. Add the tomato, parsley, cucumber, chilli (to taste), and season.

**5. DINNER IS READY** Fill up the pockets with the saucy ostrich, top with some sambal, and finish with dollops of the yoghurt. Serve any remaining sambal on the side and dig in, Chef!