



UCOOK

Peppered Ostrich Soup

with toasted baguette rounds


Had a stressful day? Don't worry, soon you will feel your cares melt away as you enjoy soothing spoonfuls of UCOOK's hearty ostrich soup, layered with onions, potatoes & carrots, elevated with fresh cream. Perfected with toasted baguette rounds and topped with crispy onions. Soup's up, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

150g	Ostrich Chunks <i>patted dry with paper towel & cut into bite-sized pieces</i>
1	Onion <i>peeled, ¼ diced & ¾ sliced into thin rounds</i>
120g	Carrot <i>trimmed, peeled & cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	Crushed Black Peppercorns
200g	Baby Potato <i>rinsed & quartered</i>
5ml	Beef Stock
30ml	Fresh Cream
1	Baguette <i>½ sliced into 1-2cm rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. BROWN OSTRICH Boil the kettle. Place a pot large enough for the soup over high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned, 2-3 minutes (shifting occasionally). Remove from the pot.

2. SOUP STARTER Return the pot to medium heat with all the ostrich juices and a knob of butter. When hot, fry the diced onions and the carrot pieces until slightly golden, 4-5 minutes. Add the grated garlic, the peppercorns, and the quartered potatoes, and fry until fragrant, 2-3 minutes.

3. SOUP Dilute the stock with 400ml of boiling water. Add the diluted stock and the browned ostrich to the pot. Simmer until the veggies are cooked through, 15-20 minutes. Stir in the cream and simmer until warmed through, 2-3 minutes. Remove from the heat and season.

4. CRISPY ONIONS Place a pan over medium heat with enough oil to cover the base. When hot, fry the sliced onion rounds with a pinch of salt until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

5. BUTTERED BAGUETTE ROUNDS Spread butter (optional) or oil over the baguette rounds. Return the pan to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

6. SOUP IT UP Bowl up the soup, top with the crispy onions, and side with the toasted baguette rounds for dunking. Well done, Chef!

Nutritional Information

Per 100g

Energy	532kJ
Energy	7kcal
Protein	7.5g
Carbs	18g
of which sugars	3.1g
Fibre	1.5g
Fat	2.7g
of which saturated	1.2g
Sodium	176mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days