



UCOOK

Durban-style Ostrich & Tomato Gravy

with white basmati rice

Picture a plate piled high with fluffy white basmati rice, generously smothered in curry-spiced ostrich & tomato gravy. Finish it off with a side of zesty cucumber salad and an extra kick of chilli if you're brave enough!


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
450g	Ostrich Chunks <i>pat dry & cut into bite-sized pieces</i>
3	Onion <i>peel & roughly slice 1½</i>
45ml	NOMU Indian Rub
300g	Cooked Chopped Tomato
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
60g	Green Leaves <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
45ml	Lemon Juice

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 600ml 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. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside. You may need to do this step in batches.

3. FRY FOR FLAVOUR Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft, 4-5 minutes. Add the NOMU rub and the browned ostrich. Fry until fragrant, 2-3 minutes (shifting constantly). Pour in the cooked chopped tomato, ½ the sliced chilli, and 300ml of water. Simmer until the sauce has reduced and the ostrich is cooked through, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and season.

4. ZESTY SALAD In a salad bowl, combine the shredded leaves with the cucumber half-moons, the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

5. DINNER IS SERVED! Plate up the steaming rice and smother it in the ostrich & tomato sauce. Serve the dressed salad on the side and garnish with the remaining chilli. Looks lekker, Chef!

Nutritional Information

Per 100g

Energy	561kj
Energy	134kcal
Protein	8.2g
Carbs	19g
of which sugars	2g
Fibre	1.9g
Fat	3g
of which saturated	0.8g
Sodium	156mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days