



# UCOOK

## Blue Cheese Polenta & Ostrich Stew

with a zesty salsa

Juicy free-range ostrich strips are added to a deliciously flavourful tomato & red wine sauce. Once all cooked together, this lusciousness is spooned over the creamiest, cheesiest polenta base, before being sprinkled with a fresh & zesty salsa.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Adventurous Foodie

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## Ingredients & Prep

150g	Free-range Ostrich Strips <i>pat dry with paper towel &amp; cut into bite-sized pieces</i>
100g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Onion <i>peel, finely dice ¼ &amp; roughly dice ¾</i>
1	Tomato <i>rinse &amp; finely dice ½</i>
1	Bell Pepper <i>rinse, deseed, finely dice ¼ &amp; roughly dice ¾</i>
15ml	Lime Juice
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
10ml	NOMU Beef Rub
30ml	Red Wine
100ml	Tomato Passata
75ml	Polenta
30g	Blue Cheese <i>crumble</i>

## From Your Kitchen

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

**1. BROWN THE OSTRICH** Place a pan over medium-high heat with a drizzle of oil. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan, season and set aside.

**2. BABY MARROW** Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the baby marrow pieces until lightly charred but still crunchy, 2-3 minutes (shifting occasionally). Remove from the pan.

**3. QUICK SALSA** In a bowl, combine the finely diced onion, the diced tomato, and the finely diced pepper. Add the lime juice, a drizzle of olive oil, and seasoning. Set aside.

**4. START THE STEW** Return the pan to medium heat with a drizzle of oil. When hot, fry the roughly diced onion, the roughly diced pepper, and the carrot pieces until lightly charred, 5-6 minutes. Add the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in the wine and simmer until almost evaporated, 30-60 seconds.

**5. FINISH THE STEW** Pour in the tomato passata and 200ml of water. Bring to a boil and simmer until reduced and thickening, 12-15 minutes. In the final 2-3 minutes, add the charred baby marrow and the browned ostrich. Remove from the heat, add a sweetener (to taste), and season.

**6. BLUE CHEESE POLENTA** Bring a pot with 350ml of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove from the heat and stir through a knob of butter, the crumbled cheese, and seasoning. Loosen with a splash of warm water (if necessary).

**7. SERVICE, PLEASE!** Plate up the creamy polenta, top with the flavourful stew, and scatter over the zingy salsa. That's a wrap! Enjoy, Chef.

## Nutritional Information

Per 100g

Energy	341kJ
Energy	82kcal
Protein	5.1g
Carbs	9g
of which sugars	2.6g
Fibre	1.6g
Fat	2.5g
of which saturated	1g
Sodium	88mg

## Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
4 Days