



# UCOOK

## Stroganoff Sauce & Ostrich

**with toasted baguette**

This stroganoff dish will surprise you with its unexpected flavours. We've replaced the traditional beef with succulent ostrich goulash, served on toasted baguette slices and coated in a rich, creamy mushroom, garlic, & sour cream sauce. It's a new take on a classic comfort food.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Fan Faves

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Doos Wine | Doos Dry Red 3L

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## Ingredients & Prep

300g	Free-range Ostrich Chunks
1	Onion <i>peel &amp; finely dice</i>
250g	Button Mushrooms <i>cut into quarters</i>
20ml	Smoky Flour <i>(5ml [10ml])#7DA0D7 Smoked Paprika &amp; 5ml [10ml])#7DA0D7 Cornflour)</i>
10ml	Tomato Paste
1	Garlic Clove <i>peel &amp; grate</i>
10ml	Beef Stock
80ml	Sour Cream
5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
80g	Peas
2	Sourdough Baguettes <i>cut into thick rounds</i>
40g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. O-YUM OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and season. When the oil is hot, fry for 1-2 minutes per side until browned. Remove from the pan.

**2. STIR THE STROGANOFF** Boil the kettle. Return the pan to medium heat with a drizzle of oil. When hot, add the onion and the mushrooms. Fry for 5-6 minutes until soft and browned, shifting occasionally. Add the smoky flour, the tomato paste, garlic, and a knob of butter. Fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 100ml [200ml])#7DA0D7 of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 4-5 minutes until thickened, stirring occasionally.

**3. CREAMY & DREAMY** When the sauce has 1-2 minutes remaining, add the cooked ostrich, the peas, the sour cream, and ½ the parsley. Loosen with a splash of warm water if it's too thick. Season and cover to keep warm.

**4. TOAST** Spread butter or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**5. DINNER IS SERVED** Plate up the ostrich and stroganoff sauce, side with the baguette slices, and the fresh salad leaves. Garnish with a sprinkle of the remaining parsley. Well done, Chef!

## Nutritional Information

Per 100g

Energy	544kJ
Energy	130kcal
Protein	8g
Carbs	15g
of which sugars	3g
Fibre	1.8g
Fat	3.7g
of which saturated	1.2g
Sodium	155mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days