



QCOOK

Durban-style Ostrich & Tomato Gravy

with white basmati rice

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 517kJ | 3047kJ |
| Energy | 124kcal | 729kcal |
| Protein | 7.3g | 42.9g |
| Carbs | 17g | 102g |
| of which sugars | 2.4g | 14g |
| Fibre | 1.8g | 10.4g |
| Fat | 2.6g | 15.5g |
| of which saturated | 0.7g | 3.9g |
| Sodium | 109mg | 644mg |

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 100ml | 200ml | White Basmati Rice <i>rinse</i> |
| 150g | 300g | Free-range Ostrich Chunks |
| 1 | 1 | Onion <i>peel & finely dice ½ [1]</i> |
| 15ml | 30ml | NOMU Indian Rub |
| 100ml | 200ml | Tomato Passata |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely slice</i> |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |
| 50g | 100g | Cucumber <i>rinse & cut into half-moons</i> |
| 15ml | 30ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. FLUFFY RICE Place the rice in a pot with 200ml [400ml] 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, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. FRY FOR FLAVOUR Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft, 3-4 minutes. Add the NOMU rub and the ostrich. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, ½ the chilli, and 100ml [200ml] of water. Simmer until the sauce is thickening, 8-10 minutes. In the final 1-2 minutes, add the ostrich, and sweetener (to taste). Remove from the heat and season.

4. ZESTY SALAD In a salad bowl, combine the green leaves with the cucumber, the lemon juice, a drizzle of olive oil, and seasoning.

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