

QCOOK

Steamy Thai Red Ostrich Curry

with peas, baby marrow & piquanté peppers

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	563kJ	4085kJ
Energy	135kcal	977kcal
Protein	6.4g	46.5g
Carbs	16g	115g
of which sugars	2.5g	18.3g
Fibre	1.5g	10.9g
Fat	4.8g	35g
of which saturated	2.7g	19.6g
Sodium	183mg	1326mg

Allergens: Sulphites, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
150g	300g	Free-range Ostrich Strips
100g	200g	Baby Marrow Rounds
75g	75g	Sliced Onions
1	1	Garlic Clove *peel & grate*
20ml	40ml	Red Curry Paste
100ml	200ml	Coconut Cream
50g	100g	Peas
40g	80g	Green Leaves *rinse*
30g	60g	Piquanté Peppers *drain*
1	1	Lime *rinse & cut into wedges*

From Your Kitchen

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

1. 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, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into bite-sized pieces. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Return the pan to medium heat with all the pan juices. Fry the baby marrow until lightly charred, 1-2 minutes (shifting occasionally). Remove from the pan.

3. COCONUT CURRY Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 3-4 minutes. Add the garlic and the curry paste. Fry until fragrant, 1-2 minutes. Mix in the coconut cream, 50ml [100ml] of water, and the peas. Simmer until slightly reduced, 5-6 minutes. In the final 1-2 minutes, mix in the spinach, the baby marrow, the ostrich, a sweetener (to taste), and seasoning.

4. DINNER IS READY Bowl up the rice, top with the ostrich curry, and scatter over the piquanté peppers. Finish with a squeeze of lime juice (to taste) and dig in, Chef!