



# UCOOK

## Ostrich Stew & Gremolata

with toasted pita triangles

Onion & carrot are fried in butter, then elevated with garlic and NOMU Italian rub. A tomato passata-based sauce then deliciously smothers the veggies and browned ostrich strips in this lip-smacking stew. This rich meal gets a fresh kick with a dollop of lemon zest, parsley & garlic gremolata. Sided with toasted pita triangles.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Farren Abbott

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 Fan Faves

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 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

150g	Free-range Ostrich Strips
1	Onion <i>½ peeled &amp; roughly diced</i>
120g	Carrot <i>rinsed, trimmed &amp; cut into small bite-sized pieces</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Italian Rub
200ml	Tomato Passata
40g	Spinach <i>rinsed</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
1	Pita Bread

## From Your Kitchen

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

**1. BROWN THE OSTRICH** Pat the ostrich strips dry with paper towel. Place a pot over high heat with a drizzle of oil. When hot, fry the ostrich strips until browned, 30-60 seconds (shifting occasionally). Remove from the pot, season, and set aside.

**2. START THE STEW** Return the pot to medium-high heat with a drizzle of oil and a knob of butter. When hot, add the diced onion, and the carrot pieces. Fry until slightly softened, 6-8 minutes (shifting occasionally).

**3. TOMATO-BASED SAUCE** When the veg is slightly softened, add ½ of the grated garlic, and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Reduce the heat, add the tomato passata, and 200ml of water. Simmer until reduced and thickened, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich and the rinsed spinach. Add a sweetener and seasoning.

**4. MAKE THE GREMOLATA** In a small bowl, combine the chopped parsley, the remaining grated garlic, and the lemon zest. Set aside.

**5. TASTY PITAS** Place a clean pan over medium heat with a knob of butter. When hot, toast the pitas until heated through, 30-60 seconds per side. Cut into quarters.

**6. IT'S THAT TIME!** Bowl up the ostrich stew and scatter over the gremolata. Serve with the toasted pita triangles and garnish with the lemon wedge. Delish work, Chef!

## Nutritional Information

Per 100g

Energy	351kj
Energy	84kcal
Protein	6.3g
Carbs	12g
of which sugars	3.2g
Fibre	2g
Fat	0.9g
of which saturated	0.3g
Sodium	185mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 5  
Days