



UCOOK

Spanish Mince & Rice

with ostrich, sour cream, & kidney beans


This dish begins with a bed of aromatic jasmine rice, which is then topped with a good portion of tangy tomatoey, rich ostrich stew, loaded with meaty kidney beans. To balance the richness out, add a dash of sour cream. Buen provecho, Chef!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

100ml	Jasmine Rice
1	Onion <i>½ peeled & finely diced</i>
150g	Ostrich Mince
7,5ml	NOMU Spanish Rub
100g	Cooked Chopped Tomato
60g	Kidney Beans <i>drained & rinsed</i>
20ml	Sour Cream

From Your Kitchen

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

1. SIMMER & STEAM Rinse the rice and place in a pot over medium-high heat. Submerge in 225ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. MAKE MINCEMEAT OF THIS STEP Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion for 4-6 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes until browned, shifting occasionally. Add the rub and fry for 1-2 minutes until fragrant, shifting constantly.

3. FANTASTIC FRAGRANCES When the rub is fragrant, add the cooked chopped tomato and 65ml of water to the pan. Bring to a simmer. Once simmering, lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally.

4. PERFECT THE STEW When the stew has 3-4 minutes remaining, add the drained kidney beans. Season with a sweetener of choice, salt, and pepper. Loosen the sour cream with a splash of water.

5. SENSATIONAL SPANISH Bowl up the steaming rice and spoon over the Spanish ostrich. Drizzle over the sour cream and it is time to dig in, Chef!

Nutritional Information

Per 100g

Energy	608kJ
Energy	145kcal
Protein	8.6g
Carbs	18g
of which sugars	2g
Fibre	2g
Fat	3.7g
of which saturated	1.1g
Sodium	174mg

Allergens

Dairy, Allium

Cook
within
4 Days