



UCOOK

Spanish Ostrich Stew

with wilted spinach & bulgur wheat

A tasty, rich and soul-warming stew for a chilly winter night! Ostrich is cooked until tender and then added to a glistening tomato sauce packed with gems of carrot, pickled peppers and olives. It is served over fluffy bulgur wheat and topped with sprinklings of fresh parsley. Need a hug? This stew has got you!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Hannah Duxbury

 Quick & Easy

 Boschendal | Nicolas

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Ingredients & Prep

225ml	Bulgur Wheat
15ml	Vegetable Stock
450g	Free-range Ostrich Goulash <i>cut into bite-sized chunks</i>
360g	Carrot <i>trimmed, peeled & cut into bite-sized chunks</i>
2	Garlic Cloves <i>peeled & grated</i>
15ml	NOMU Spanish Rub
300g	Cooked Chopped Tomato
60g	Pickled Bell Peppers <i>drained & roughly sliced</i>
60g	Pitted Kalamata Olives <i>drained & cut in half</i>
150g	Spinach <i>rinsed & roughly shredded</i>
12g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. BULGUR & STOCK Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 225ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with a fork on completion, replace the plate, and set aside. Dilute the stock with 450ml of boiling water.

2. BROWNED OSTRICH While the bulgur is steaming, place a pan over a high heat with a drizzle of oil. When hot, add the ostrich chunks and brown for 1-2 minutes, shifting occasionally. You may have to do this step in batches. Remove from the pan on completion, season, and set aside.

3. STEW ARE SO CUTE! Return the pan to a medium heat with a drizzle of oil. When hot, add the carrot chunks and fry for 4-5 minutes until starting to soften, shifting occasionally. Add the grated garlic and the rub and fry for 1 minute until fragrant, shifting constantly. Pour in the cooked chopped tomato and the diluted stock. Leave to simmer for 12-15 minutes, stirring occasionally. In the final 2-3 minutes, add the browned ostrich, the sliced pickled peppers, the halved olives, and the shredded spinach. On completion, the stew should be slightly reduced and the spinach should be wilted. Season with salt, pepper, and a sweetener of choice.

4. PHEW, LOOK AT THAT STEW! Plate up a hearty helping of the bulgur wheat and spoon over the saucy ostrich stew. Sprinkle over the picked parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	422kJ
Energy	101Kcal
Protein	8.3g
Carbs	14g
of which sugars	3.2g
Fibre	3g
Fat	1.6g
of which saturated	0.4g
Sodium	331.7mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days