



# UCOOK

## Spicy Tomato Ostrich Curry & Rice

with peas & spinach

Let's heat things up in the kitchen with this gorgeous curry, which pleasantly warms up the palate with a NOMU Indian Rub-based curry spice. These aromatics permeate through the coconut milk, tomato passata, & ginger sauce, coating browned ostrich strips, plump peas & earthy spinach. Served with jasmine rice.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Jenna Peoples

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Malbec

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### Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
450g	Ostrich Chunks
2	Onions <i>peel &amp; roughly slice</i>
30	Fresh Ginger <i>rinse, peel &amp; grate</i>
45ml	Curry Spice <i>(30ml NOMU Indian Rub, 7,5ml Dried Chilli Flakes &amp; 7,5ml Garlic Powder)</i>
150ml	Tomato Passata
150ml	Coconut Milk
60g	Spinach <i>rinse</i>
120g	Peas

### From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 600ml 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 high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**3. SAUCE** Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the sliced onion until soft and lightly golden, 5-6 minutes. Add the grated ginger, the curry spice, and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the coconut milk, and 150ml of water. Gently simmer until thickening, 8-10 minutes. In the final 3-4 minutes, mix in the rinsed spinach, the browned ostrich and the peas. Remove from the heat, add a sweetener (to taste), and season.

**4. DINNER IS READY** Dish up the rice and spoon over the saucy ostrich. Well done, Chef!

### Nutritional Information

Per 100g

Energy	584kj
Energy	140kcal
Protein	7.4g
Carbs	18g
of which sugars	2.3g
Fibre	1.7g
Fat	3.8g
of which saturated	1.6g
Sodium	156mg

### Allergens

Allium, Sulphites

Eat  
Within  
5 Days