



QCOOK

Peruvian Ostrich Stew

with baby corn & baby potatoes

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	424kJ	3820kJ
Energy	101kcal	914kcal
Protein	5.3g	48g
Carbs	15g	139g
of which sugars	2.2g	19.6g
Fibre	1.4g	12.2g
Fat	1.6g	14.5g
of which saturated	0.4g	3.4g
Sodium	76mg	688mg

Allergens: Sulphites, Cow's Milk, Alcohol, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
450g	600g	Free-range Ostrich Chunks
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
600g	800g	Baby Potatoes <i>rinse & quarter</i>
30ml	40ml	Tomato Paste
2	2	Garlic Cloves <i>peel & grate</i>
60ml	80ml	Spice Blend <i>(15ml [20ml] Chilli Flakes, 22.5ml [30ml] NOMU Rub, 15ml [20ml] Smoked Paprika & 7.5ml [10ml] Cumin)</i>
90ml	125ml	Red Wine
450g	600g	Cooked Chopped Tomato
200g	200g	Baby Corn <i>rinse & cut in half lengthways</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. **NICE RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **BROWN OSTRICH** Place a pot over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pot.

3. **START THE STEW** Return the pot to medium-high heat with a drizzle of oil if necessary. When hot, fry the onion and the potatoes until golden, 10-12 minutes (shifting occasionally). Add the tomato paste, garlic, spice blend, and fry until fragrant, 2-3 minutes. Deglaze the pot with the wine and simmer until almost evaporated.

4. **FINISH THE STEW** Add the cooked chopped tomato and 600ml [800ml] of water to the pot. Simmer until the veggies are cooked through and the sauce is thickening, 15-20 minutes. In the final 6-7 minutes, add the baby corn. In the final 2-3 minutes, add the browned ostrich chunks and simmer until warmed through. Add a sweetener (to taste) and season.

5. **DINNER IS READY** Make a bed of the fluffy rice, top with the delicious ostrich stew, and sprinkle over the parsley. Well done, Chef!