



UCOOK

Ostrich Rogan Josh

with carrot, raita & poppadom

A beautiful ostrich mince curry, filled to the brim with flavour and ease. Quick to prep and quick to eat! Throw it together and leave the flavours to culminate into something utterly gorgeous. Add dollops of raita, a crispy popadom and a zingy carrot sambal. Come, dig in!

Hands-On Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Haute Cabrière | Pierre Jourdan Belle Rosé

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Ingredients & Prep

5ml	Beef Stock
250g	Baby Potatoes <i>rinsed & quartered</i>
240g	Carrot <i>peeled (optional), ½ cut into bite-sized chunks & ½ grated</i>
1	Onion <i>peeled & diced</i>
150g	Free-range Ostrich Mince
15ml	Tomato Paste
15ml	Spice & All Things Nice Rogan Josh Paste
100g	Cooked Chopped Tomato
75g	Spinach <i>rinsed & roughly shredded</i>
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Poppadom
30ml	Raita

From Your Kitchen

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

1. BEGIN THE CURRY Boil the kettle. Dilute the stock with 200ml of boiling water. Place a pot over a medium-high heat with a generous drizzle of oil. When hot, add the potato pieces and chopped carrots. Fry for 6-8 until they start turning golden, stirring occasionally. Add the diced onion and cook for 4-5 minutes until the onion is soft and translucent. Add the mince, and continue to cook for 5-6 minutes until the mince is caramelised.

2. BRING THE FLAVA! Stir through the tomato paste and Rogan Josh paste and cook for 1-2 minutes until fragrant. Pour in the diluted stock and cooked chopped tomato and bring to a boil. Reduce the heat and simmer for 10-12 minutes. In the final 2-3 minutes, stir through the shredded spinach until wilted. Season and add a sweetener of choice to taste (optional). On completion, the veggies should be cooked and the sauce should be reduced and thickened.

3. NEARLY THERE Place the grated carrot and ¾ of the chopped mint in a bowl with a drizzle of olive oil. Season and set aside.

4. CRISPY POPPADOMS Place a pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom for 30 seconds per side. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

5. TIME TO NOM! Dish up a hearty helping of the Rogan Josh curry, side with the minty-grated carrot and a crispy poppadom. Dollop over the raita and finish with a scattering of the remaining mint. Perfection, Chef!



Chef's Tip

Veg peels are rich in fiber, vitamins, minerals and antioxidants, making them one of the most nutritious parts of a plant. Eat your fruits and vegetables unpeeled whenever possible.

Nutritional Information

Per 100g

Energy	314kJ
Energy	75Kcal
Protein	5.3g
Carbs	9g
of which sugars	3g
Fibre	1.8g
Fat	1.6g
of which saturated	0.4g
Sodium	227mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days