



UCCOOK

Painted Wolf's Ostrich Bourguignon

with baby onion, carrots & cheesy butter bean mash

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Painted Wolf Wines

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	476kj	3555kj
Energy	114kcal	850kcal
Protein	8.6g	64.1g
Carbs	10g	77g
of which sugars	3.4g	25.3g
Fibre	2.5g	18.3g
Fat	5.1g	38.4g
of which saturated	1.7g	12.4g
Sodium	503mg	3759mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

6	8	Streaky Pork Bacon
450g	600g	Free-range Ostrich Chunks
6	8	Baby Onions <i>peel & cut into quarters</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
60ml	80ml	Tomato Paste
30ml	40ml	Red Wine
2	2	Beef Stock Sachets
15ml	20ml	Cornflour
150g	200g	Kale <i>rinse & roughly shred</i>
360g	480g	Butter Beans <i>drain & rinse</i>
90ml	125ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Milk (optional)

Butter (optional)

Blender

1. BRING ON THE BACON Place a pot over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Once cooled, cut into bite-sized pieces.

2. O-YUM OSTRICH Return the pot over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. RICH RED WINE STOCK Add in the baby onion and carrots, allow them to char for 3-4 minutes. Then add the tomato paste, cook for 2-3 minutes until the tomato paste is fragrant. Deglaze the pot with red wine. Simmer until the red wine has reduced for 1-2 minutes. Add in $\frac{1}{2}$ [all] of the stock, with 450ml [600ml] of water. Add the ostrich back in the pot and allow this to simmer for 5-7 minutes.

4. ALL TOGETHER In a small bowl, make a slurry with the cornflour and 5ml [10ml] of water. Add the slurry into the pot with the ostrich, allow this to cook, 2-4 minutes, until the sauce starts to thicken. Add the kale and the bacon back into the pot and allow this to cook until the kale is wilted, 4-6 minutes. Remove from heat, season and set aside.

5. BEAN THERE, MASHED THAT Place a new pot over medium-high heat with the beans and 120ml [160ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency, then add in the cheese. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

6. BEST EVER BOURGUIGNON Bowl up the cheesy butter bean mash, with the ostrich bourguignon alongside it. Garnish with fresh parsley and enjoy!