



UCOOK

Korma Curry & Ostrich Fillet

with chickpeas, butternut & homemade raita

A beautiful Korma vegetable curry base is topped with perfectly cooked ostrich slivers and a fresh homemade cucumber raita. Finished off with the crispiest poppadoms - what an amazing way to nourish the body and belly!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Paserene | Bright Chardonnay

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Ingredients & Prep

1	Onion <i>peeled & roughly diced</i>
250g	Butternut <i>de-seeded, peeled (optional) & cut into small bite-sized pieces</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	Spice & All Things Nice Korma Curry Paste
100ml	Coconut Milk
30ml	Low Fat Plain Yoghurt
50g	Cucumber <i>rinsed, grated & liquid squeezed out</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
60g	Chickpeas <i>drained & rinsed</i>
150g	Free-range Ostrich Fillet
1	Poppadom

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. CURRY BASE & RAITA Place a pot (big enough for the curry) over medium-high heat with a drizzle of oil. When hot, fry the diced onion and butternut pieces until golden and softening, 4-5 minutes (shifting occasionally). Add the grated ginger, the korma curry paste and fry until fragrant, 30-60 seconds (stirring constantly). Add the coconut milk and 150ml of water. Bring to a boil, then reduce the heat and simmer until the curry has thickened, 15-20 minutes.

2. FRESHNESS In a small bowl, combine the yoghurt with the grated cucumber and seasoning. Set aside.

3. MORE ADDITIONS Once the curry has thickened, add ½ the chopped coriander and the drained chickpeas, and simmer, 1-2 minutes. Remove from the heat and season. Cover and set aside.

4. SIZZLING STEAK Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. POPPIN' POPPADOMS Return the pan, wiped clean, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up. Alternatively, heat the poppadom in the microwave until crispy, 20-30 seconds.

6. CURRY CRAVINGS SATISFIED Spoon some glorious veg curry into a bowl and lay over the juicy steak slices. Finish off with dollops of the creamy raita and side with the crispy poppadom. Garnish with the remaining chopped coriander. Time to dive in!

Nutritional Information

Per 100g

Energy	372kJ
Energy	89kcal
Protein	6.1g
Carbs	8g
of which sugars	2g
Fibre	1.5g
Fat	3g
of which saturated	1.9g
Sodium	70mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days