



UCCOOK

Durban-style Ostrich & Tomato Gravy

with white basmati rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	517kJ	3047kJ
Energy	124kcal	729kcal
Protein	7.3g	42.9g
Carbs	17g	102g
of which sugars	2.4g	14g
Fibre	1.8g	10.4g
Fat	2.6g	15.5g
of which saturated	0.7g	3.9g
Sodium	109mg	644mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

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	Onion <i>peel & finely dice 1½ [2]</i>
45ml	60ml	NOMU Indian Rub
300ml	400ml	Tomato Passata
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
45ml	60ml	Lemon Juice

From Your Kitchen

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

1. FLUFFY 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 THE OSTRICH 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, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside. You may need to do this step in batches.

3. FRY FOR FLAVOUR Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft, 3-4 minutes. Add the NOMU rub and the ostrich. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, ½ the chilli, and 300ml [400ml] of water. Simmer until the sauce is thickening, 12-15 minutes. In the final 1-2 minutes, add the ostrich, and sweetener (to taste). Remove from the heat and season.

4. ZESTY SALAD In a salad bowl, combine the green leaves with the cucumber, the lemon juice, a drizzle of olive oil, and seasoning.

5. DINNER IS SERVED! Plate up the steaming rice and smother it in the ostrich and tomato sauce. Serve the dressed salad on the side and garnish with the remaining chilli. Looks lekker, Chef!