



UCCOOK

Steamy Thai Red Ostrich Curry

with fluffy rice, spinach & pickled peppers

It's steamy. It's creamy. It's dreamy. A fluffy bed of jasmine rice, a kick of red curry paste, cooling coconut cream & browned ostrich chunks. With a dash of lime and sliced pickled peppers, it's a curry packed full of deliciousness!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

| | |
|-------|-------------------------------|
| 300ml | Jasmine Rice <i>rinsed</i> |
| 120g | Spinach |
| 8g | Fresh Coriander |
| 2 | Garlic Cloves |
| 2 | Onions |
| 150g | Pickled Bell Peppers |
| 450g | Free-range Ostrich Chunks |
| 45ml | Red Curry Paste |
| 300ml | Coconut Cream |
| 150g | Peas |
| 45ml | Lime Juice |

From Your Kitchen

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

1. GRAINS OF GOODNESS Place the rinsed rice in a pot with 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MEANWHILE... Rinse the spinach and the coriander. Roughly shred the spinach and pick the coriander. Peel and grate the garlic. Peel and roughly slice 1 ½ of the onions. Drain and roughly slice the pickled peppers.

3. NICE TO MEAT YOU Pat the ostrich dry with paper towel. Place a pot over high heat with a drizzle of oil. When hot, fry the ostrich chunks until browned but not cooked through, 30-60 seconds per side. You may need to do this step in batches. Remove from the pot.

4. ALMOST THERE Return the pot to medium heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 5-6 minutes (shifting occasionally). Add the curry paste (to taste) and the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and 300ml of water. Reduce the heat and simmer until slightly reduced, 10-12 minutes.

5. FINISH UP When the curry has 1-2 minutes remaining, add the browned ostrich pieces and the peas to the curry. Remove from the heat and mix through the shredded spinach, the lime juice (to taste), seasoning, and a sweetener.

6. STEAMY DINNER Make a bed of the fluffy rice and top with the steamy curry. Sprinkle over the sliced pickled peppers and garnish with the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 585kj |
| Energy | 140kcal |
| Protein | 7.6g |
| Carbs | 16g |
| of which sugars | 3.2g |
| Fibre | 1.3g |
| Fat | 4.7g |
| of which saturated | 3.2g |
| Sodium | 258mg |

Allergens

Allium, Sulphites

Cook
within
4 Days