



WCOOK

Tomato & Sweet Chilli Ostrich Rice

with cucumber & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	486kJ	3136kJ
Energy	116kcal	750kcal
Protein	6.8g	44.1g
Carbs	15g	95g
of which sugars	4.9g	31.5g
Fibre	0.9g	5.8g
Fat	3g	19.3g
of which saturated	1g	6.7g
Sodium	239mg	1544mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
450g	600g	Free-range Ostrich Mince
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
225ml	310ml	Soy & Sweet Chilli <i>(90ml [125ml] Tomato Sauce, 90ml [125ml] Thai Sweet Chilli Sauce & 45ml [60ml] Low Sodium Soy Sauce)</i>
60ml	80ml	Lemon Juice
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Danish-style Feta <i>drain</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. RICE Place the rice in a pot with 450ml [600ml] 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. STICKY OSTRICH Place a pan over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the onion and fry until soft and lightly golden, 6-8 minutes. Mix in the soy and sweet chilli and 150ml [200ml] of water. Simmer until thickening, 8-10 minutes. Remove from the heat and season.

3. SALAD In a bowl, combine the lemon juice with a drizzle of olive oil. Add the tomato, feta, cucumber, and season.

4. DINNER IS READY Plate up the rice, top with the mince, and serve alongside the tomato salad. Dig in, Chef!