



UCOOK

Ostrich Stew & Gremolata

with toasted pita triangles

Onion & carrot are fried in butter, then elevated with garlic and NOMU Italian rub. A tomato passata-based sauce then deliciously smothers the veggies and browned ostrich strips in this lip-smacking stew. This rich meal gets a fresh kick with a dollop of lemon zest, parsley & garlic gremolata. Sided with toasted pita triangles.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Farren Abbott

 Fan Faves

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

450g	Free-range Ostrich Strips
2	Onions <i>1½ peeled & roughly diced</i>
360g	Carrot <i>rinsed, trimmed & cut into small bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Italian Rub
600ml	Tomato Passata
120g	Spinach <i>rinsed</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
3	Pita Breads

From Your Kitchen

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

1. BROWN THE OSTRICH Pat the ostrich strips dry with paper towel. Place a pot over high heat with a drizzle of oil. When hot, fry the ostrich strips until browned, 30-60 seconds (shifting occasionally). You may have to do this step in batches. Remove from the pot, season, and set aside.

2. START THE STEW Return the pot to medium-high heat with a drizzle of oil and a knob of butter. When hot, add the diced onion, and the carrot pieces. Fry until slightly softened, 8-10 minutes (shifting occasionally).

3. TOMATO-BASED SAUCE When the veg is slightly softened, add ½ of the grated garlic, and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Reduce the heat, add the tomato passata, and 600ml of water. Simmer until reduced and thickened, 15-20 minutes. In the final 1-2 minutes, add the browned ostrich and the rinsed spinach. Add a sweetener and seasoning.

4. MAKE THE GREMOLATA In a small bowl, combine the chopped parsley, the remaining grated garlic, and the lemon zest. Set aside.

5. TASTY PITAS Place a clean pan over medium heat with a knob of butter. When hot, toast the pitas until heated through, 30-60 seconds per side. Cut into quarters.

6. IT'S THAT TIME! Bowl up the ostrich stew and scatter over the gremolata. Serve with the toasted pita triangles and garnish with the lemon wedges. Delish work, Chef!

Nutritional Information

Per 100g

Energy	351kJ
Energy	84kcal
Protein	6.3g
Carbs	12g
of which sugars	3.2g
Fibre	2g
Fat	0.9g
of which saturated	0.3g
Sodium	185mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 5
Days