



UCCOOK

Stroganoff Sauce & Ostrich

with toasted baguette

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Pinotage

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 544kJ | 3764kJ |
| Energy | 130kcal | 900kcal |
| Protein | 8g | 55.6g |
| Carbs | 15g | 107g |
| of which sugars | 3g | 20.7g |
| Fibre | 1.8g | 12.7g |
| Fat | 3.7g | 25.7g |
| of which saturated | 1.2g | 8.3g |
| Sodium | 155mg | 1074mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 1 | [Serves 2] | |
| 150g | 300g | Free-range Ostrich Chunks |
| 1 | 1 | Onion <i>peel & finely dice</i> |
| 125g | 250g | Button Mushrooms <i>wipe clean & cut into quarters</i> |
| 10ml | 20ml | Smoky Flour <i>(5ml [10ml] Smoked Paprika & 5ml [10ml] Cornflour)</i> |
| 5ml | 10ml | Tomato Paste |
| 1 | 1 | Garlic Clove <i>peel & grate</i> |
| 5ml | 10ml | Beef Stock |
| 40g | 80g | Peas |
| 40ml | 80ml | Sour Cream |
| 3g | 5g | Fresh Parsley <i>rinse & roughly chop</i> |
| 1 | 2 | Sourdough Baguette/s <i>cut into thick rounds</i> |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

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

1. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and season. When the oil is hot, fry for 1-2 minutes per side until browned. Remove from the pan.

2. STIR THE STROGANOFF Boil the kettle. Return the pan to medium heat with a drizzle of oil. When hot, add the onion and the mushrooms. Fry for 5-6 minutes until soft and browned, shifting occasionally. Add the smoky flour, the tomato paste, garlic, and a knob of butter. Fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 100ml [200ml] of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 4-5 minutes until thickened, stirring occasionally.

3. CREAMY & DREAMY When the sauce has 1-2 minutes remaining, add the cooked ostrich, the peas, the sour cream, and ½ the parsley. Loosen with a splash of warm water if it's too thick. Season and cover to keep warm.

4. TOAST Spread butter or oil over the baguette/s. Place a pan over medium heat. When hot, toast the baguette/s until golden, 1-2 minutes per side.

5. DINNER IS SERVED Plate up the ostrich and stroganoff sauce, side with the baguette slices, and the fresh salad leaves. Garnish with a sprinkle of the remaining parsley. Well done, Chef!