

Eat Within 3 Days

QCOOK

Ostrich Fillet & Mushroom Marmalade

with fluffy rice, toasted almonds & sun-dried tomatoes

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jemell Willemberg

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	566kJ	3425kJ
Energy	135kcal	819kcal
Protein	7.8g	47.3g
Carbs	20g	121g
of which sugars	5.9g	35.4g
Fibre	1.8g	10.6g
Fat	2.7g	16.6g
of which saturated	0.4g	2.4g
Sodium	63mg	380mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
15g	30g	Almonds
125g	250g	Button Mushrooms *wipe clean & roughly slice*
1	1	Onion *peel & finely slice ¼ [½]*
1	1	Garlic Clove *peel & grate*
25ml	50ml	Marmalade Sauce *(20ml [40ml] Balsamic Reduction & 5ml [10ml] Port)*
150g	300g	Free-range Ostrich Fillet
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Sun-dried Tomatoes *roughly chop*

From Your Kitchen

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

1. COOK THE RICE Place the rice in a pot with 200ml [400ml] 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. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSHROOMS & ONIONS Return the pan to high heat with a drizzle of oil and a knob of butter. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Reduce the heat to medium, add the onion and fry until soft, 3-4 minutes (shifting occasionally).

4. BALSAMIC MARMALADE Add the garlic to the pan and fry until fragrant, 30-60 seconds (shifting constantly). Pour in the marmalade sauce and add 10ml [20ml] of sweetener. Simmer until the mushrooms are coated, 1-2 minutes. Remove from the heat, season, and cover.

5. FRY THE OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the fillet dry with paper towel. When hot, sear the fillet until browned all over, 6-8 minutes (shifting as it colours). In the final minute, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. FRESH SALAD In a salad bowl, toss together the salad leaves, ½ the almonds, the sun-dried tomatoes, a drizzle of olive oil, and seasoning.

7. DINNER IS READY Plate up the fluffy rice and the ostrich slices and top with the mushroom marmalade. Sprinkle over the remaining almonds. Side with the sun-dried tomato salad. Well done, Chef!