



# UCOOK

## Peppered Ostrich Soup

with toasted baguette rounds

Had a stressful day? Don't worry, soon you will feel your cares melt away as you enjoy soothing spoonfuls of UCOOK's hearty ostrich soup, layered with onions, potatoes & carrots, elevated with fresh cream. Perfected with toasted baguette rounds and topped with crispy onions. Soup's up, Chef!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes


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**Serves:** 4 People


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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

600g	Ostrich Chunks <i>patted dry with paper towel &amp; cut into bite-sized pieces</i>
2	Onions <i>peeled, 1 diced &amp; 1 sliced into thin rounds</i>
240g	Carrot <i>trimmed, peeled &amp; cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
20ml	Crushed Black Peppercorns
800g	Baby Potato <i> rinsed &amp; quartered</i>
20ml	Beef Stock
125ml	Fresh Cream
2	Baguettes <i>sliced into 1-2cm rounds</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. BROWN OSTRICH** Boil the kettle. Place a pot large enough for the soup over high heat with a drizzle of oil. When hot, fry the ostrich pieces until browned, 3-4 minutes (shifting occasionally). Remove from the pot.

**2. SOUP STARTER** Return the pot to medium heat with all the ostrich juices and a knob of butter. When hot, fry the diced onions and the carrot pieces until slightly golden, 5-6 minutes. Add the grated garlic, the peppercorns, and the quartered potatoes, and fry until fragrant, 3-4 minutes.

**3. SOUP** Dilute the stock with 1.4L of boiling water. Add the diluted stock and the browned ostrich to the pot. Simmer until the veggies are cooked through, 20-25 minutes. Stir in the cream and simmer until warmed through, 3-4 minutes. Remove from the heat and season.

**4. CRISPY ONIONS** Place a pan over medium heat with enough oil to cover the base. When hot, fry the sliced onion rounds with a pinch of salt until crispy, 6-8 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**5. BUTTERED BAGUETTE ROUNDS** Spread butter (optional) or oil over the baguette rounds. Return the pan to medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**6. SOUP IT UP** Bowl up the soup, top with the crispy onions, and side with the toasted baguette rounds for dunking. Well done, Chef!

## Nutritional Information

Per 100g

Energy	532kJ
Energy	7kcal
Protein	7.5g
Carbs	18g
of which sugars	3.1g
Fibre	1.5g
Fat	2.7g
of which saturated	1.2g
Sodium	176mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days