



# UCCOOK

## Classic Ostrich Stew

with toasted country loaf slices, fresh parsley & red wine

Tender ostrich meat is cooked low & slow in a red wine-infused broth, creating a flavourful base that'll have your taste buds singing a chorus. Toasted country loaf slices are served to soak up all those rich & juicy notes. Finish it off with a sprinkle of fresh parsley and you've got a dish that's a real showstopper.

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**Hands-on Time:** 40 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Fan Faves

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 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

600g	Free-range Ostrich Strips
2	Onions <i>peeled &amp; roughly diced</i>
480g	Carrot <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
800g	Potato <i>peeled &amp; cut into small bite-sized pieces</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
60ml	Tomato Paste
40ml	NOMU Provençal Rub
20ml	Cake Flour
100ml	Red Wine
20ml	Beef Stock
15g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**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, 1-2 minutes (shifting occasionally). You may have to do this step in batches. Remove from the pot, season, and set aside.

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

**3. SIMMER THE SAUCE** When the veg is slightly softened, add the grated garlic, the tomato paste, the NOMU rub, and the flour to the pot. Fry until fragrant, 1-2 minutes. Reduce the heat and add the wine. Simmer until almost all evaporated, 1-3 minutes. Add the stock and 800ml of boiling water. Reduce the heat and simmer until reduced and thickened, 20-25 minutes. In the final minute, add the browned ostrich. Season to taste.

**4. TIME FOR TOASTING** Place a pan over medium-high heat with a knob of butter. When melted, add the sliced country loaf and brown until toasted, 1-3 minutes per side.

**5. GET NOSHING!** Bowl up the ostrich stew. Serve with the toasted country loaf. Sprinkle over the chopped parsley. Delish work, Chef!

## Nutritional Information

Per 100g

Energy	409kj
Energy	98kcal
Protein	7.1g
Carbs	14g
of which sugars	2.9g
Fibre	2.8g
Fat	1.1g
of which saturated	0.3g
Sodium	138mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within  
4 Days