



UCOOK

Spicy Tomato Ostrich Curry & Rice

with peas & spinach

Let's heat things up in the kitchen with this gorgeous curry, which pleasantly warms up the palate with a NOMU Indian Rub-based curry spice. These aromatics permeate through the coconut milk, tomato passata, & ginger sauce, coating browned ostrich strips, plump peas & earthy spinach. Served with jasmine rice.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jenna Peoples

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
150g	Ostrich Chunks
1	Onion <i>peel & roughly slice</i>
10g	Fresh Ginger <i>rinse, peel & grate</i>
15ml	Curry Spice <i>(10ml NOMU Indian Rub, 2,5ml Dried Chilli Flakes & 2,5ml Garlic Powder)</i>
50ml	Tomato Passata
50ml	Coconut Milk
20g	Spinach <i>rinse</i>
40g	Peas

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid 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. OSTRICH Place a pan over high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. SAUCE Return the pan to medium heat with a drizzle of oil if necessary. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Add the grated ginger, the curry spice, and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the coconut milk, and 50ml of water. Gently simmer until thickening, 8-10 minutes. In the final 2-3 minutes, mix in the rinsed spinach, the browned ostrich and the peas. Remove from the heat, add a sweetener (to taste), and season.

4. DINNER IS READY Dish up the rice and spoon over the saucy ostrich. Well done, Chef!

Nutritional Information

Per 100g

Energy	584kj
Energy	140kcal
Protein	7.4g
Carbs	18g
of which sugars	2.3g
Fibre	1.7g
Fat	3.8g
of which saturated	1.6g
Sodium	156mg

Allergens

Allium, Sulphites

Eat
Within
5 Days