



# QCOOK

## Peruvian Ostrich Stew

with baby corn & baby potatoes

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

### Nutritional Info

	Per 100g	Per Portion
Energy	424kJ	3820kJ
Energy	101kcal	914kcal
Protein	5.3g	48g
Carbs	15g	139g
of which sugars	2.2g	19.6g
Fibre	1.4g	12.2g
Fat	1.6g	14.5g
of which saturated	0.4g	3.4g
Sodium	76mg	688mg

**Allergens:** Sulphites, Cow's Milk, Alcohol, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
150g	300g	Free-range Ostrich Chunks
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
200g	400g	Baby Potatoes <i>rinse &amp; quarter</i>
10ml	20ml	Tomato Paste
1	1	Garlic Clove <i>peel &amp; grate</i>
20ml	40ml	Spice Blend <i>(5ml [10ml] Chilli Flakes, 7.5ml [15ml] NOMU Rub, 5ml [10ml] Smoked Paprika &amp; 2.5ml [5ml] Cumin)</i>
30ml	60ml	Red Wine
150g	300g	Cooked Chopped Tomato
100g	100g	Baby Corn <i>rinse &amp; cut in half lengthways</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

1. **NICE RICE** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **BROWN OSTRICH** Place a pot over high heat with a drizzle of oil and a knob of butter. 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 pot.

3. **START THE STEW** Return the pot to medium-high heat with a drizzle of oil if necessary. When hot, fry the onion and the potatoes until golden, 5-8 minutes (shifting occasionally). Add the tomato paste, garlic, spice blend, and fry until fragrant, 1-2 minutes. Deglaze the pot with the wine and simmer until almost evaporated.

4. **FINISH THE STEW** Add the cooked chopped tomato and 200ml [400ml] of water to the pot. Simmer until the veggies are cooked through and the sauce is thickening, 12-15 minutes. In the final 4-5 minutes, add the baby corn. In the final 1-2 minutes, add the browned ostrich chunks and simmer until warmed through. Add a sweetener (to taste) and season.

5. **DINNER IS READY** Make a bed of the fluffy rice, top with the delicious ostrich stew, and sprinkle over the parsley. Well done, Chef!