



UCOOK

Steamy Thai Red Ostrich Curry

with fluffy rice, spinach & pickled peppers

It's steamy. It's creamy. It's dreamy. A fluffy bed of jasmine rice, a kick of red curry paste, cooling coconut cream & browned ostrich chunks. With a dash of lime and sliced pickled peppers, it's a curry packed full of deliciousness!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
40g	Spinach
3g	Fresh Coriander
1	Garlic Clove
1	Onion
50g	Pickled Bell Peppers
150g	Free-range Ostrich Chunks
15ml	Red Curry Paste
100ml	Coconut Cream
50g	Peas
15ml	Lime Juice

From Your Kitchen

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

1. GRAINS OF GOODNESS Place the rinsed rice in a pot with 200ml 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. MEANWHILE... Rinse the spinach and the coriander. Roughly shred the spinach and pick the coriander. Peel and grate the garlic. Peel and roughly slice ½ the onion. Drain and roughly slice the pickled peppers.

3. NICE TO MEAT YOU Pat the ostrich dry with paper towel. Place a pot over high heat with a drizzle of oil. When hot, fry the ostrich chunks until browned but not cooked through, 30-60 seconds per side. Remove from the pot.

4. ALMOST THERE Return the pot to medium heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the curry paste (to taste) and the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the coconut cream and 100ml of water. Reduce the heat and simmer until slightly reduced, 8-10 minutes.

5. FINISH UP When the curry has 1-2 minutes remaining, add the browned ostrich pieces and the peas to the curry. Remove from the heat and mix through the shredded spinach, the lime juice (to taste), seasoning, and a sweetener.

6. STEAMY DINNER Make a bed of the fluffy rice and top with the steamy curry. Sprinkle over the sliced pickled peppers and garnish with the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	585kj
Energy	140kcal
Protein	7.6g
Carbs	16g
of which sugars	3.2g
Fibre	1.3g
Fat	4.7g
of which saturated	3.2g
Sodium	258mg

Allergens

Allium, Sulphites

Cook
within
4 Days