

UCCOOK

Bangkok-Style Ostrich Curry

with baby marrow & spring onion

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Melck's-
Blended Red

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 452kj | 2879kj |
| Energy | 108kcal | 689kcal |
| Protein | 7.8g | 49.6g |
| Carbs | 6g | 37g |
| of which sugars | 1.5g | 9.5g |
| Fibre | 2.2g | 14g |
| Fat | 5.5g | 34.9g |
| of which saturated | 2.5g | 16.1g |
| Sodium | 160mg | 1019mg |

Allergens: Sulphites, Peanuts, Gluten, Wheat, Soya,
Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 200g | 400g | Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i> |
| 5ml | 10ml | NOMU Roast Rub |
| 150g | 300g | Free-range Ostrich Strips |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & finely chop</i> |
| 10ml | 20ml | Red Curry Paste |
| 15ml | 30ml | Lemon Juice |
| 5ml | 10ml | Low Sodium Soy Sauce |
| 100ml | 200ml | Coconut Milk |
| 15ml | 30ml | Peanut Butter |
| 120g | 240g | Red Kidney Beans <i>drain & rinse</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. NOMU-SPICED VEG Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, fry the baby marrow with ½ the NOMU rub until charred, 2-3 minutes (shifting occasionally). Remove from the pan and season.

2. O-YUM OSTRICH Return the pan to medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

3. ADD SOME HEAT Return the pan to medium heat with a drizzle of oil. Add the spring onion whites, ½ the chilli (to taste), the remaining rub, and the curry paste (to taste). Fry until fragrant, 1-2 minutes (shifting constantly).

4. COOL DOWN WITH COCONUT MILK Add the lemon juice, the soy sauce, a sweetener (to taste), the coconut milk, and 100ml [200ml] of warm water. Mix until fully combined. Reduce the heat and simmer until slightly reduced and thickened, 6-10 minutes (stirring occasionally).

5. ALMOST DONE When the sauce has 2-3 minutes remaining, stir through the peanut butter, the kidney beans, and the cooked ostrich. Remove from the heat, add ½ the baby marrow and seasoning.

6. TASTY THAI DINNER Bowl up the Thai peanut ostrich and top with the remaining baby marrow. Sprinkle over the spring onion greens and chilli (to taste). Tuck in, Chef!