

UCCOOK

Bangkok-Style Ostrich Curry

with baby marrow & spring onion

Hands-on Time: 25 minutes

Overall Time: 40 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!