



UCCOOK

One-Pan Mexican Ostrich & Cauliflower

with charred corn & spicy sour cream

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	394kj	3351kj
Energy	94kcal	802kcal
Protein	6g	51.3g
Carbs	7g	59g
of which sugars	3.2g	27.6g
Fibre	1.6g	13.2g
Fat	4.3g	37g
of which saturated	1.9g	15.9g
Sodium	90mg	762mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
150g	200g	Corn
450g	600g	Free-range Ostrich Strips
2	2	Onions <i>peel & finely slice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Old Stone Mill Mexican Spice
300ml	400ml	Tomato Passata
120g	160g	Cheddar Cheese <i>grate</i>
150ml	200ml	Sour Cream
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

Paper Towel

1. CHAR CAULI & CORN Place a deep pan over medium-high heat with a drizzle of oil. When hot, fry the cauliflower and corn until charred, 6-8 minutes (shifting occasionally). Remove from the pan.

2. COOK THE OSTRICH Return the pan to high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small pieces. Fry the ostrich until golden, 30-60 seconds (shifting occasionally). Remove from the heat.

3. COOK THE SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onions and the carrots until lightly golden, 4-5 minutes. Add the garlic, the Mexican spice and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 300ml [400ml] of water. Simmer until reduced and thickening, 12-15 minutes. Add the cauli & corn, the ostrich, and a sweetener (to taste), and mix to combine. Season and sprinkle over the cheese. Cook until the cheese is melted, 3-4 minutes.

4. SOME PREP In a small bowl, combine the sour cream, the jalapeños (to taste), and seasoning.

5. DINNER IS READY Dollop the sour cream over the one-pan Mexican cauliflower & ostrich and garnish with the spring onion.