



# UCOOK

## Southern-spiced Ostrich & Rice

with green bell pepper, sour cream & fresh parsley

If you're ever in Louisiana, you'll probably hear: "Laissez les bon temps rouler." That means 'let the good times roll'. So, get ready to party up a cooking storm in your kitchen with this quick Southern-spiced ostrich mince & green pepper recipe. It comes with the bells & whistles of fragrant & fluffy jasmine rice, dressed with sour cream, a squeeze of lemon juice & fresh parsley.

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Serves:** 1 Person

**Chef:** Rhea Hsu



\*NEW Simple & Save



Simonsig | Pinotage

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
100ml	Jasmine Rice <i>rinsed</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
15ml	Tomato Paste
150g	Ostrich Mince
10ml	Louisiana Seasoning <i>(8ml NOMU Cajun Rub, 1ml NOMU Chipotle Flakes &amp; 1ml Turmeric)</i>
1	Green Bell Pepper <i>½ rinsed, deseeded &amp; thinly sliced</i>
1	Lemon <i>cut into wedges</i>
50ml	Sour Cream

## From Your Kitchen

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

**1. READY. STEADY. COOK!** Place a pot over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 5-6 minutes until soft and caramelised, shifting occasionally. Remove ½ the caramelised onion from the pot and set aside. Keep the other ½ in the pot.

**2. RICE, RICE BABY** Return the pot, with the reserved onion, to a medium-high heat. Add the rinsed rice and toast for 1 minute, shifting frequently. Submerge in 150ml of water. Pop on the lid and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam, with the lid on, for 10 minutes until tender. Drain, if necessary, and stir through ½ the chopped parsley. Cover to keep warm.

**3. MAKE MINCEMEAT OF THIS RECIPE** Place a pan over medium heat with a drizzle of oil. When hot, add the tomato paste. Fry for 1-2 minutes, shifting constantly. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes or until browned, shifting occasionally.

**4. LEKKER LOUISIANA FOOD** When the mince is browned, add the remaining caramelised onion, the Louisiana seasoning (to taste), and the green pepper slices to the pan. Cook for 1-2 minutes until combined, shifting occasionally. Add the juice of 1 lemon wedge, a sweetener of choice, and seasoning.

**5. A PARTY ON YOUR PALATE** Plate up the fluffy rice and top with the spiced mince mixture. Dollop over the sour cream. Garnish with the remaining parsley. Serve any remaining lemon wedges on the side. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	536kJ
Energy	128kcal
Protein	6.9g
Carbs	15g
of which sugars	2.4g
Fibre	1.4g
Fat	4.3g
of which saturated	1.5g
Sodium	134mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days