



UCOOK

Warwick's Smoky Ostrich & BBQ Beans

with cheesy roast potato bites & chipotle in adobo sauce

The only match for tomatoey ostrich goulash, spiced with smoky chipotle chillies, thick with sticky BBQ sauce, and chunky with black beans? Mouthfuls of crispy roast potato covered in golden melted cheese of course! Incredible!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

200g	Potato <i>rinsed & cut into bite-size chunks</i>
5ml	NOMU Italian Rub
5ml	Beef Stock
150g	Free-range Ostrich Goulash
1	Onion <i>one half peeled & finely diced</i>
10g	Chipotle in Adobo Sauce <i>drained & chopped, reserving the sauce</i>
100g	Cooked Chopped Tomatoes
40g	Spinach <i>rinsed</i>
50g	Grated Mozzarella
60g	Black Beans <i>drained & rinsed</i>
30ml	Clarks Bourbon BBQ Sauce

From Your Kitchen

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

1. GOLDEN POTATO NUGGETS Preheat the oven to 200°C. Boil the kettle for step 2. Spread out the potato chunks on a roasting tray. Coat in oil and the Italian Rub, and lightly season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SPICY GOULASH Dilute the stock with 80ml of boiling water and set aside. Pat the ostrich dry with paper towel. Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent. Add the ostrich and fry for 2-3 minutes until browned but not cooked through. Stir in the chopped chipotles to taste (be careful, they're hot!) and continue to fry for 30-60 seconds. Mix in the cooked chopped tomatoes and diluted stock, and bring to a simmer. Lower the heat and cook for 10-12 minutes until reduced and thickened, stirring occasionally.

3. MEANWHILE... Place ½ of the rinsed spinach in a bowl with a drizzle of oil and some seasoning. Toss coat and set aside for serving.

4. WE HEART CHEESE! When the potatoes have 5 minutes remaining, scatter over the mozzarella and turn the oven onto the grill setting. Cook for the remaining time until the cheese is melted and golden.

5. FINAL TOUCHES When the goulash is nearing completion, mix in the drained black beans, the remaining spinach, and the BBQ sauce. Stir for 2-3 minutes until the beans are heated through. Season to taste with salt, pepper, and a sweetener of choice. Remove from the heat on completion.

6. RELISH YOUR FABULOUS WORK Make a bed of dressed spinach, smother with the spicy goulash, and plate up the cheesy potato bites alongside it. Serve with any remaining chipotles on the side in case you'd like some extra heat! Get ready for one of the tastiest dinners yet!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water as you go to prevent this from happening.

Nutritional Information

Per 100g

Energy	400kJ
Energy	96Kcal
Protein	7.6g
Carbs	10g
of which sugars	2.6g
Fibre	1.9g
Fat	3.1g
of which saturated	1.2g
Sodium	328mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days