



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: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu



*NEW Simple & Save



Simonsig | Pinotage

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Ingredients & Prep

2	Onions <i>1½ peeled & roughly diced</i>
300ml	Jasmine Rice <i>rinsed</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
45ml	Tomato Paste
450g	Ostrich Mince
30ml	Louisiana Seasoning <i>(24ml NOMU Cajun Rub, 3ml NOMU Chipotle Flakes & 3ml Turmeric)</i>
2	Green Bell Peppers <i>1½ rinsed, deseeded & thinly sliced</i>
2	Lemons <i>cut into wedges</i>
150ml	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 6-7 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 450ml 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 2-3 minutes until combined, shifting occasionally. Add the juice of 3 lemon wedges, 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