



UCCOOK

Ostrich Rogan Josh

with white basmati rice & fresh coriander

Fluffy white basmati rice accompanies a fragrant curry made from rich beef stock, juicy tomatoes, golden-fried onions & carrot, a special aromatic paste, and browned ostrich. Finished with fresh coriander.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Simple & Save

 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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Ingredients & Prep

300ml	White Basmati Rice <i>rinsed</i>
450g	Ostrich Chunks
360g	Carrot <i>peeled (optional) & cut into bite-sized pieces</i>
2	Onions <i>1½ peeled & roughly diced</i>
75ml	Curry Paste <i>(30ml Tomato Paste & 45ml Spice & All Things Nice Rogan Josh Paste)</i>
15ml	Beef Stock
300g	Cooked Chopped Tomato
8g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWNE OSTRICH Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel. When hot, fry the ostrich until browned, 3-4 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. AROMATICS Return the pot to medium-high heat with a generous drizzle of oil. When hot, fry the carrot pieces until starting to soften, 8-9 minutes (shifting occasionally). Add the diced onion and fry until golden, 4-5 minutes (shifting often).

4. YUMMY CURRY When the onion is golden, add the curry paste to the pot and fry until fragrant, 30-60 seconds (shifting constantly). Add the beef stock, the cooked chopped tomato, and 600ml of water. Bring to a boil. Lower the heat and simmer until thickened, 12-15 minutes (stirring occasionally). In the final 1-2 minutes, add the browned ostrich and cook until heated through. Add a sweetener and season.

5. ENJOY EVERY BITE Bowl up the curry. Garnish with the picked coriander. Serve alongside the steamy basmati rice. Wow, Chef!

Nutritional Information

Per 100g

Energy	451kj
Energy	108kcal
Protein	7.6g
Carbs	17g
of which sugars	3g
Fibre	1.5g
Fat	1.2g
of which saturated	0.3g
Sodium	113mg

Allergens

Allium, Sulphites

Cook
within
4 Days