



# UCCOOK

## Spanish Ostrich Stew

with wilted spinach & brown rice

A tasty, rich and soul-warming stew for a chilly winter night! Ostrich is cooked until tender and then added to a glistening tomato sauce packed with carrot olives, pickled peppers, and spinach. It is served over fluffy brown rice topped with sprinklings of fresh parsley.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Hannah Duxbury

---

 Quick & Easy

---

 Simonsig | Gewürztraminer

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

100ml	Brown Rice <i>rinsed</i>
120g	Carrot
1	Garlic Clove
30g	Pickled Bell Peppers
1	Onion
150g	Free-range Ostrich Chunks
10ml	NOMU Spanish Rub
100ml	Tomato Passata
5ml	Beef Stock
30g	Pitted Kalamata Olives <i>drained &amp; halved</i>
50g	Spinach <i>rinsed &amp; roughly shredded</i>
4g	Fresh Parsley <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary), and cover.

**2. PREP STEP** Trim, peel, and cut the carrot into bite-sized pieces. Peel and grate the garlic clove. Drain and roughly slice the pickled bell peppers. Peel and roughly chop ½ the onion.

**3. BROWN THE MEAT** Place a pot over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel and season. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. START THE SAUCE** Boil the kettle. Return the pot to medium heat with a drizzle of oil. When hot, fry the carrot pieces and the diced onion until golden, 3-4 minutes (shifting occasionally). Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly).

**5. BEAUTIFUL STEW** When the garlic is fragrant, add the tomato passata, the stock, and 150ml of boiling water. Simmer until slightly reduced, 10-12 minutes. In the final 1-2 minutes, add the browned ostrich, the sliced pickled peppers, the halved olives, and the shredded spinach. Add a sweetener and season.

**6. GET COSY!** Dish up the fluffy brown rice. Serve with the Spanish ostrich stew. Sprinkle over the picked parsley. Time to dine, Chef!

## Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.9g
Carbs	15g
of which sugars	3.5g
Fibre	2.5g
Fat	1.7g
of which saturated	0.3g
Sodium	281.7mg

## Allergens

Allium, Sulphites

Cook  
within 5  
Days