

# QCOOK

## TRILENNIUM's Creamy Ostrich Stroganoff

with toasted baguette

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** TRILENNIUM

Nutritional Info	Per 100g	Per Portion
Energy	558kj	3751kj
Energy	133kcal	897kcal
Protein	8.2g	55.4g
Carbs	16g	107g
of which sugars	3g	20.3g
Fibre	1.9g	12.5g
Fat	3.8g	25.7g
of which saturated	1.2g	8.3g
Sodium	159mg	1072mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Strips
1	1	Onion <i>peel &amp; finely dice</i>
125g	250g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
10ml	20ml	Smoky Flour <i>(5ml [10ml] Smoked Paprika &amp; 5ml [10ml] Cornflour)</i>
5ml	10ml	Tomato Paste
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	Beef Stock
40g	80g	Peas
40ml	80ml	Sour Cream
3g	5g	Fresh Parsley <i>rinse &amp; roughly chop</i>
1	2	Sourdough Baguette/s <i>cut into thick rounds</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. O-YUM OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and season. When the oil is hot, fry for 1-2 minutes per side until browned. Remove from the pan.

**2. STIR THE STROGANOFF** Boil the kettle. Return the pan to medium heat with a drizzle of oil. When hot, add the onion and the mushrooms. Fry for 5-6 minutes until soft and browned, shifting occasionally. Add the smoky flour, the tomato paste, garlic, and a knob of butter. Fry for 1-2 minutes until fragrant, shifting constantly. Add the stock and 100ml [200ml] of boiling water, stirring continuously to prevent lumps. Bring to a simmer and cook for 4-5 minutes until thickened, stirring occasionally.

**3. CREAMY & DREAMY** When the sauce has 1-2 minutes remaining, add the cooked ostrich, the peas, the sour cream, and ½ the parsley. Loosen with a splash of warm water if it's too thick. Season and cover to keep warm.

**4. TOAST** Spread butter or oil over the baguette/s. Place a clean pan over medium heat. When hot, toast the baguette/s until golden, 1-2 minutes per side.

**5. DINNER IS SERVED** Plate up the ostrich and stroganoff sauce and side with the baguette slices. Garnish with a sprinkle of the remaining parsley. Well done, Chef!