



UCCOOK

Peruvian Ostrich Stew

with carrots & potatoes

How exciting, Chef! After today, you can add Peruvian food to your culturally-rich culinary repertoire. With a combination of cuisines such as the Inca, Spanish, Italian, Chinese, Japanese, and Africa, this mouthwatering, multidimensional stew features seared ostrich, a special UCCOOK spice mix, red wine, tangy tomato paste & fresh parsley.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha du Toit

Fan Faves

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon

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Ingredients & Prep

300g	Free-range Ostrich Chunks
240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly dice</i>
400g	Baby Potatoes <i>rinse & quarter</i>
20ml	Tomato Paste
1	Garlic Clove <i>peel & grate</i>
40ml	Spice Mix <i>(20ml Ground Coriander & 20ml Ground Paprika)</i>
60ml	Red Wine
400g	Cooked Chopped Tomato
4	White Bread Slices
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BROWN OSTRICH Place a pot over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pot.

2. START THE STEW Return the pot to medium-high heat with a drizzle of oil if necessary. When hot, fry the carrot pieces, the diced onions, and the potatoes until browned, 6-7 minutes. Add the tomato paste, the grated garlic, the spice mix, and fry until fragrant, 1-2 minutes. Deglaze the pot with the wine and simmer until almost evaporated.

3. FINISH THE STEW Add the cooked chopped tomato and 400ml of water to the pot. Simmer until the veggies are cooked through and the sauce is thickening, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich chunks and simmer until warmed through. Add a sweetener (to taste) and season.

4. GOLDEN BREAD Spread butter or oil over the bread slices. Place a pan over medium heat. When hot, toast the bread slices until golden, 1-2 minutes per side. Remove from the pan.

5. DINNER IS READY Bowl up the ostrich stew and sprinkle over the chopped parsley. Serve the golden bread on the side. Dig in, Chef!

Nutritional Information

Per 100g

Energy	424kj
Energy	101kcal
Protein	4.7g
Carbs	15g
of which sugars	3.3g
Fibre	1.8g
Fat	2g
of which saturated	0.4g
Sodium	145mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol, Soy

Eat
Within
4 Days