

Smokey Chilli Ostrich Goulash

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/ostrich-steak-recipe-south-africa>

Ingredients:

- 400 grams ostrich fillet, cut into small cubes, 1 or 2 bite size morsels
- 1 teaspoon ground ginger
- 1 teaspoon garlic ground
- teaspoon salt few grinds of smoked
- 1/2 teaspoon paprika smoked sweet or mild, or hot, mix and set aside
- 1/2 onion medium, chopped finely
- 1/2 peppers green, red and yellow medium sized, chopped into 1cm cubes, you know I mean small
- 1 chillies medium red, finely chopped
- 3 cloves garlic large, finely chopped
- 1 handful fresh oregano chopped roughly
- 2 teaspoons paprika smoked sweet/mild, 1 tsp if you're using the hot variety
- 1 plum tomatoes x can
- 1 tablespoon tomato paste
- 3/4 cup warm water with 1 tbsp vegetable or beef liquid stock, mixed
- 1 handful tomatoes sundried, chopped roughly
- 2 tablespoons marsala wine optional
- 1 lemon zest optional
- 1 teaspoon sugar
- 2 teaspoons olive oil
- salt smoked, to taste
- sour cream to serve
- chopped parsley to serve

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 7 grams

5. Fiber: 5 grams
 6. Protein: 24 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 490 milligrams
 9. Sugar: 4 grams
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