



UCCOOK

Souvlaki-style Ostrich

with roasted beetroot & aubergine

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	295kJ	2054kJ
Energy	71kcal	492kcal
Protein	5.4g	38g
Carbs	5g	34g
of which sugars	2g	16g
Fibre	2g	14g
Fat	2.9g	20g
of which saturated	0.7g	4.6g
Sodium	160.8mg	1119.7mg

Allergens: Allium, Sesame, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
250g	500g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
20g	40g	Pickled Onions <i>drain & thinly slice</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	300g	Free-range Ostrich Chunks <i>pat dry & cut into bite-sized chunks</i>
5ml	10ml	NOMU Moroccan Rub
30ml	60ml	Hummus

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the beetroot, and the aubergine on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the tomato, the onion (to taste), ½ the parsley and seasoning.

3. NOMU-SPICED OSTRICH Place a pan over medium-high heat and lightly add cooking spray. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 30-60 seconds, spice with ¾ of the NOMU rub. Remove from the pan and season.

4. A TRIP TO GREECE Plate up the roasted beetroot and aubergine, the ostrich, and the tomato salsa. Side with the hummus, and scatter over the remaining parsley. A masterpiece, Chef!