



# UCOOK

## Ostrich Protein Bowl

with a **Pesto Princess** pesto yoghurt drizzle

Quick to make and packed with all the good stuff! Ostrich mince and black beans on a bed of quinoa, with salsa and coriander pesto-yoghurt.

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Deon Huysamer

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♥ Health Nut

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🍷 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

|       |                                                                                                                |
|-------|----------------------------------------------------------------------------------------------------------------|
| 200ml | White Quinoa                                                                                                   |
| 20ml  | Vegetable Stock                                                                                                |
| 160g  | Baby Tomatoes<br><i>roughly sliced</i>                                                                         |
| 2     | Spring Onions<br><i>finely sliced</i>                                                                          |
| 20ml  | Red Wine Vinegar                                                                                               |
| 130ml | Pesto Yoghurt<br><i>(30ml Pesto Princess<br/>Coriander &amp; Chilli Pesto &amp;<br/>100ml Coconut Yoghurt)</i> |
| 1     | Onion<br><i>peeled &amp; finely diced</i>                                                                      |
| 20ml  | NOMU Mexican Spice Blend                                                                                       |
| 300g  | Free-range Ostrich Mince                                                                                       |
| 120g  | Black Beans<br><i>drained &amp; rinsed</i>                                                                     |
| 80g   | Corn                                                                                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. FLUFFY QUINOA** Rinse the quinoa, and place it in a pot. Submerge it with 400ml of water, and ½ the vegetable stock. Bring to a simmer for 13-18 minutes until the quinoa is cooked and the tails have popped out. Add more water if required, and drain on completion if necessary. Return to the pot, cover with a lid and let it stand for 5 minutes. Season to taste.

**2. SOME PREP** Boil the kettle. In a bowl, combine the baby tomatoes, ½ the spring onion and red wine vinegar, and season to taste. Dilute the remaining vegetable stock with 40ml of boiling water. Loosen the pesto-yoghurt with water in 5ml increments until drizzling consistency.

**3. FRY THE MINCE** Place a pan (large enough for the mince and beans) over a medium heat with some oil. When hot, fry the onion for 1-2 minutes, stirring occasionally, until translucent. Add the Mexican Rub (to taste) and fry for a further 30-60 seconds until fragrant. Turn up the heat and add the mince, working quickly to break it up. Cook for 6-8 minutes, stirring occasionally until cooked. In the final 2-3 minutes, add the diluted stock, black beans and corn, mixing well to combine. Season to taste.

**4. PLATE UP** Plate up some fluffy quinoa. Top with the protein-packed ostrich mince, the simple salsa, the remaining spring onion slices and drizzle over the pesto-yoghurt. Well done, Chef!



## Chef's Tip

Grains like rice, quinoa and barley should be rinsed thoroughly with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 603kj   |
| Energy             | 144Kcal |
| Protein            | 8.2g    |
| Carbs              | 16g     |
| of which sugars    | 2.5g    |
| Fibre              | 2.3g    |
| Fat                | 4.9g    |
| of which saturated | 1.1g    |
| Sodium             | 328mg   |

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days