



UCOOK

Moroccan Ostrich & Olives

with quinoa & Danish-style feta

Mmmm, it's Moroccan night, Chef! Quinoa tossed with fresh green leaves form the base for butter-basted, NOMU Moroccan Rub-spiced ostrich pieces, joined by refreshing rounds of cucumber, creamy hummus, crunchy pumpkin seeds and a tangy baby tomato & mixed olive medley. Garnished with fresh oregano.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Rhea Hsu

Quick & Easy

KWV - The Mentors | KWV The Mentors Petit Verdot 2020

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Ingredients & Prep

225ml	Quinoa <i>rinse</i>
60g	Green Leaves <i>rinse</i>
60g	Mixed Olives <i>(30g Pitted Kalamata Olives & 30g Pitted Green Olives)</i>
90g	Danish-style Feta <i>drain</i>
240g	Baby Tomatoes <i>rinse & halve</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
450g	Free-range Ostrich Chunks
15ml	NOMU Moroccan Rub
300g	Cucumber <i>rinse & cut into half-moons</i>
150ml	Hummus
30g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes. Toss through the rinsed green leaves and set aside.

2. PREP STEP While the quinoa is simmering, drain and halve the mixed olives. Place into a bowl and toss with the drained feta, the halved tomatoes, ½ the chopped oregano, a drizzle of oil, and seasoning. Set aside.

3. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with the NOMU rub and a knob of butter (optional). Remove from the pan and season.

4. EAT Plate up the quinoa. Top with the seared ostrich chunks, the cucumber half-moons, the herby tomato & olive mix, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Enjoy, Chef!



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	638kj
Energy	153kcal
Protein	9.8g
Carbs	12g
of which sugars	1.2g
Fibre	2.2g
Fat	6.8g
of which saturated	2g
Sodium	231.4mg

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat
Within
4 Days