



UCCOOK

Souvlaki-style Ostrich

with roasted beetroot, hummus & tzatziki

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Ella Nasser

Nutritional Info	Per 100g	Per Portion
Energy	269kJ	1952kJ
Energy	64kcal	467kcal
Protein	6.3g	45.7g
Carbs	5g	34g
of which sugars	2g	14g
Fibre	2g	11g
Fat	1.9g	13.6g
of which saturated	0.5g	3.3g
Sodium	187.1mg	1358.8mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>
300g	400g	Cucumber <i>rinse & finely dice</i>
3	4	Tomatoes <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice $\frac{3}{4}$ [1]</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
480g	640g	Free-range Ostrich Steak <i>pat dry & cut into bite-sized chunks</i>
30ml	40ml	NOMU Moroccan Rub
120ml	160ml	Hummus
120ml	160ml	Tzatziki

From Your Kitchen

Water
Paper Towel
Seasoning (salt & pepper)
Cooking Spray

1. ROAST Preheat the oven to 200°C. Spread the beetroot 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, 20-25 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the cucumber, the tomatoes, the onion (to taste), $\frac{1}{2}$ the parsley and seasoning.

3. NOMU-SPICED OSTRICH Place a pan over medium-high heat lightly and 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 $\frac{3}{4}$ of the NOMU rub. Remove from the pan and season.

4. A TRIP TO GREECE Plate up the roasted beetroot, the ostrich, the tomato salsa, and the tzatziki. Side with the hummus and sprinkle with the remaining NOMU rub. Scatter over the remaining parsley. A masterpiece, Chef!