

UCCOOK

Millet Ostrich Bowl

with butternut, Danish-style feta & pumpkin seeds

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Nitida | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	642kJ	3637kJ
Energy	153kcal	870kcal
Protein	8.8g	50g
Carbs	18g	102g
of which sugars	1.4g	7.7g
Fibre	2.5g	14.3g
Fat	4.5g	25.4g
of which saturated	1.2g	7g
Sodium	168mg	1133mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	Chicken Stock
300ml	400ml	Millet
60ml	80ml	Mustard Dressing <i>(15ml [20ml] Dijon Mustard & 45ml [60ml] Lemon Juice)</i>
15g	20g	Pumpkin Seeds
450g	600g	Free-range Ostrich Chunks
15ml	20ml	NOMU One For All Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. BUTTERNUT FORGET THE ROAST Preheat the oven to 200°C, and boil the kettle. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. MILLET BASE Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 600ml [800ml] of salted water, the stock, and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

3. MUST-HAVE MUSTARD DRESSING In a small bowl, combine the mustard dressing with a drizzle of olive oil, a sweetener (to taste), and seasoning. Set aside.

4. PUMP THE SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. I'LL FRY IF I WANT TO Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan. Season and set aside.

6. GET BOWLED OVER Bowl up the cooked millet. Top with the salad leaves, the golden butternut, and the seared ostrich. Crumble over the feta. Drizzle over the dressing, and scatter over the toasted pumpkin seeds. Finish it off with a crack of black pepper. Dig in, Chef!