

# UCOOK

## Moroccan Ostrich & Olives

with quinoa & Danish-style feta

This bowl of goodness will bowl over anyone you make this dish for - including you, Chef! You will enjoy every fulfilling forkful of this meal with its combination of creamy feta, a briny olive medley, browned ostrich, tangy baby tomatoes & fluffy quinoa.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Sijnn Wines | Sijnn Saignée 2018

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## Ingredients & Prep

225ml	Quinoa <i>rinsed</i>
60g	Green Leaves <i>rinsed</i>
300g	Cucumber
240g	Baby Tomatoes
60g	Mixed Olives <i>(30g Kalamata Olives &amp; 30g Green Olives)</i>
90g	Danish-style Feta
8g	Fresh Oregano
450g	Free-range Ostrich Chunks
15ml	NOMU Moroccan Rub
150ml	Hummus
30g	Pumpkin Seeds

## From Your Kitchen

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

**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, rinse and cut the cucumber into half-moons. Rinse and halve the baby tomatoes. Drain and halve the mixed olives. Drain the feta. Rinse, pick, and roughly chop the oregano.

**3. OLIVES & TOMS** In a small bowl, combine the halved olives, the drained feta, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the halved baby tomatoes, ½ the chopped oregano (to taste), a drizzle of olive oil, and seasoning. Set aside.

**4. 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.

**5. EAT** Plate up the quinoa. Top with the seared ostrich chunks, the cucumber half-moons, the herby baby tomatoes, the olive & feta mix, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Enjoy!



## Chef's Tip

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.

## Nutritional Information

Per 100g

Energy	568kj
Energy	136kcal
Protein	10.1g
Carbs	12g
of which sugars	1.5g
Fibre	2.3g
Fat	5.2g
of which saturated	1.7g
Sodium	226.2mg

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within  
4 Days