

UCCOOK

Ostrich & Broccoli Quinoa

with lemony yoghurt & spinach

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	337kJ	1965kJ
Energy	81kcal	470kcal
Protein	8.4g	49.1g
Carbs	8g	46g
of which sugars	2g	12g
Fibre	2g	11g
Fat	1.4g	8.4g
of which saturated	0.4g	2.5g
Sodium	118.8mg	692.9mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Quinoa <i>rinse</i>
150g	300g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into thin wedges</i>
50g	100g	Spinach <i>rinse</i>
5ml	10ml	NOMU One For All Rub
160g	320g	Free-range Ostrich Steak
2.5ml	5ml	Dried Thyme <i>rinse</i>
30ml	60ml	Greek Yoghurt
10ml	20ml	Lemon Juice

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. QUINOA Place the quinoa in a pot with 100ml [200ml] 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.

2. CHARRED VEGGIES Place a pan over medium heat lightly coat with cooking spray or a drizzle of oil. When hot, fry the broccoli and the onion until charred, 6-8 minutes. Mix in the spinach and the NOMU rub. Fry until the spinach is wilted, 2-3 minutes. Remove from the heat and season.

3. OSTRICH Return the pan to medium-high heat with cooking spray or a drizzle of oil if necessary. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, add the thyme and fry with the ostrich. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Combine the yoghurt with the lemon juice (to taste). In a separate bowl, combine the charred veggies with the quinoa.

5. TIME TO EAT Make a bed of the loaded quinoa, top with the ostrich slices, and finish with dollops of the lemony yoghurt. Cheers, Chef!