

# UCCOOK

## Tunisian Ostrich Skewers

with charred broccoli

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 380kj    | 2074kj      |
| Energy             | 91kcal   | 496kcal     |
| Protein            | 7.7g     | 42g         |
| Carbs              | 6g       | 32g         |
| of which sugars    | 2g       | 13g         |
| Fibre              | 2g       | 10g         |
| Fat                | 3.7g     | 20.2g       |
| of which saturated | 0.8g     | 4.2g        |
| Sodium             | 143.3mg  | 781.8mg     |

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                              |
|----------|------------|--------------------------------------------------------------------------------------------------------------|
| 150g     | 300g       | Free-range Ostrich Chunks                                                                                    |
| 5ml      | 10ml       | NOMU One For All Rub                                                                                         |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into wedges</i>                                                             |
| 2        | 4          | Wooden Skewers                                                                                               |
| 200g     | 400g       | Broccoli Florets<br><i>rinse &amp; cut into bite-sized pieces</i>                                            |
| 60ml     | 120ml      | Harissa Yoghurt<br><i>(30ml [60ml] Pesto Princess Harissa Paste &amp; 30ml [60ml] Low Fat Plain Yoghurt)</i> |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                             |
| 15g      | 30g        | Piquanté Peppers<br><i>drain</i>                                                                             |
| 10ml     | 20ml       | Lemon Juice                                                                                                  |

## From Your Kitchen

Seasoning (salt & pepper)  
Water  
Paper Towel  
Cooking Spray

**1. O-YUM OSTRICH** Pat the ostrich dry with paper towel. Separate the onion wedges into petals. Thread the ostrich and onion petals onto the skewers, rotating the ingredients in that order. Repeat until all the skewers are filled, making sure all the meat is threaded on the skewers. Coat the skewers in a light drizzle of oil, the NOMU rub, and season. Set aside any leftover onions to be used later.

**2. ROCK THE BROCC** Place a pan over medium-high heat with a light drizzle of oil. When hot, fry the broccoli and the reserved onion petals until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and season.

**3. DELISH DRIZZLE** In a bowl, loosen the harissa yoghurt with water in 5ml increments until drizzling consistency. Season and set aside.

**4. COLOUR & CRUNCH** In a salad bowl, toss together the salad leaves and peppers. Add the charred veg and toss together with the lemon juice (to taste). Season and set aside.

**5. SUPERB SKEWERS** Return the pan to medium-high heat. When hot, fry the ostrich skewers until charred and cooked through, 2-3 minutes. Remove from the pan.

**6. DELICIOUSNESS ON A PLATE** Plate up the charred skewers and serve the loaded salad alongside. Drizzle with the loosened yoghurt and get ready to dig in!