



UCOOK

Chickpea & Ostrich Mince Gem Squash

with a Danish-style feta & cucumber salad

Oven roasted gem squash is stirred through ostrich mince stewed with tomato passata & Cajun spices, before being stuffed back into its little gem squash bowls and crowned with crunchy chickpeas. Sided with a fresh cucumber & Danish-style feta salad, and garnished with a scattering of toasted pumpkin seeds. It's classy comfort food, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Gem Squash <i>rinse, halve & deseed</i>
120g	Chickpeas <i>drain & rinse</i>
10g	Pumpkin Seeds
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
150g	Free-range Ostrich Mince
10ml	NOMU Cajun Rub
200ml	Tomato Passata
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>cut into thin matchsticks</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. GEMS IN THE OVEN Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Place the drained chickpeas into a bowl and toss with a drizzle of oil and seasoning. Set aside.

2. TOASTED 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.

3. SAUCY MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Add the NOMU rub and fry until browned, 3-4 minutes (shifting occasionally). Pour in the tomato passata and 150ml of water. Simmer until the sauce has reduced and thickened, 8-10 minutes (shifting occasionally). Stir through a sweetener and seasoning. Remove from the heat, cover, and set aside.

4. GOLDEN CHICKPEAS When the gem squash reaches the halfway mark, remove the tray from the oven, pop a small knob of butter into each half and scatter the dressed chickpeas over the open space of the tray. Return to the oven for the remaining time.

5. QUICK SALAD In a salad bowl, toss together the shredded leaves, the cucumber matchsticks, the drained feta, ½ the toasted pumpkin seeds, a drizzle of olive oil, and seasoning. Set aside.

6. FINAL TOUCHES When the roast is done, scoop the cooked gem squash flesh & chickpeas into the pan with the saucy ostrich, reserving the empty shells. Mix until combined and refill the empty gem squash shells with the ostrich & gem squash mixture. Return to the oven to heat through, 5 minutes.

7. DELISH DINNER Plate up the filled gem squash shells and serve the cucumber & feta salad alongside. Scatter over the remaining pumpkin seeds. Amazing, Chef!

Nutritional Information

Per 100g

Energy	371kJ
Energy	89kcal
Protein	6g
Carbs	7g
of which sugars	2.3g
Fibre	2.4g
Fat	3g
of which saturated	1g
Sodium	107mg

Allergens

Allium, Cow's Milk

Cook
within
4 Days