



UCCOOK

Ostrich & Minty Yoghurt

with chermoula

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	360kj	1607kj
Energy	86kcal	384kcal
Protein	9.2g	40.9g
Carbs	5g	22g
of which sugars	1g	6g
Fibre	2g	8g
Fat	2.9g	12.7g
of which saturated	0.6g	2.7g
Sodium	199.8mg	891.1mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
220g	440g	Gem Squash
20ml	40ml	Pesto Princess Chermoula Paste
5ml	10ml	Dried Oregano
200g	400g	Beetroot <i>rinse, peel (optional) & cut into bite-sized pieces</i>
40ml	80ml	Low Fat Plain Yoghurt
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
160g	320g	Free-range Ostrich Steak
10ml	20ml	NOMU Cajun Rub

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. GETTING READY Preheat the oven to 200°C. In a bowl, loosen the chermoula with a splash of water. Season and mix in the oregano. In a separate bowl, combine the yoghurt and ½ the mint. Season well and set aside.

2. CHERMOULA-COATED VEG Rinse the gem squash and cut it in half from top to bottom, starting where the stem would have been, and slicing straight down to the base. Scoop the seeds out from the centre of each half, and slice them into large wedges. Place the beetroot on a roasting tray with some cooking spray and seasoning. Roast for 15 minutes before adding the gem squash. Roast the veg for another 20-25 minutes until golden and cooked through. In the final 5-10 minutes, baste the veg in the chermoula.

3. O-YUM OSTRICH When the roast has 10 minutes remaining, place a pan over medium heat. Pat the ostrich dry with paper towel. Coat the meat in cooking spray and the NOMU rub. When the pan is hot, fry the ostrich until browned, 2-3 minutes per side (for medium-rare). Rest the ostrich for 5 minutes before seasoning and slicing.

4. 1,2,3,4... EAT! Plate up the roasted veg, topped with the ostrich slices. Dollop over the minty yoghurt. Four simple steps and dinner is ready!