



U C O O K

— COOKING MADE EASY

Ostrich Soul Bowl

with roast butternut, red pepper pesto & Danish-style feta

Soothe your soul from the stresses of the week with succulent ostrich pieces, pan-fried with fresh oregano and scattered over a feel-good jumble of whole wheat couscous, roast butternut, creamy feta, and red pesto dressing.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Tami Schrire

 **Easy Peasy**

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Ingredients & Prep

| | |
|-------|---|
| 250g | Butternut <i>peeled (optional) & cut into bite-size chunks</i> |
| 10g | Sunflower Seeds |
| 30ml | Pesto Princess Red Pesto |
| 100ml | Whole Wheat Couscous |
| 5ml | Vegetable Stock |
| 50g | Spinach <i>rinsed & roughly shredded</i> |
| 150g | Ostrich Goulash |
| 3g | Fresh Oregano <i>rinsed, picked & roughly chopped</i> |
| 40g | Danish-Style Feta <i>drained</i> |

From Your Kitchen

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

1. SWEET ROAST BUTTERNUT Preheat the oven to 200°C. Spread out the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. SEEDS & DRESSING Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a bowl, combine the red pesto with 1 tsp of olive oil. Add warm water in 5ml increments until drizzling consistency and set aside for serving.

3. COSY COUSCOUS When the butternut reaches the halfway mark, boil the kettle. Using a shallow bowl, submerge the couscous and stock in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 7-10 minutes. Once cooked, fluff up with the fork.

4. SAUTÉ THE SPINACH Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 2-4 minutes until wilted. Remove from the pan on completion. When the couscous is cooked, stir through the wilted spinach. Cover to keep warm and set aside for serving.

5. OREGANO-INFUSED OSTRICH Drain any liquid from the ostrich goulash and pat dry with some paper towel. Return the pan to a high heat with another drizzle of oil or knob of butter. When hot, brown the ostrich for 2-4 minutes, shifting occasionally. Add the chopped oregano, season, and fry for another minute until browned and cooked through. On completion, remove from the heat and allow to rest in the pan for 5 minutes before serving.

6. A BOWL TO WARM YOUR SOUL! Make a warm bed of spinach and couscous and scatter over the roast butternut. Pop the juicy ostrich on top and drizzle with the red pesto dressing. Crumble over the drained feta and garnish with the toasted sunflower seeds. Look at you go, Chef!



Chef's Tip

Sunflower seeds are high in vitamin E, which is an antioxidant that helps destroy free radicals, protecting the body's cells from damage. Use them in salads, porridge, smoothies, or baked goods for a healthy crunch.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 605kJ |
| Energy | 144Kcal |
| Protein | 9.7g |
| Carbs | 15g |
| of which sugars | 2.4g |
| Fibre | 2.5g |
| Fat | 3.9g |
| of which saturated | 1.6g |
| Sodium | 308mg |

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days