



# UCOOK

## Charred Veg Couscous & Ostrich

with balsamic caramelised onion & sunflower seeds

Fluffy couscous loaded with golden, pan-fried baby marrows, red pepper slices, caramelised onion, fresh greens, tangy tomato & earthy parsley forms the base, then topped with browned ostrich and a balsamic vinegar drizzle.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person


---

**Chef:** Jason Johnson

---

 Quick & Easy

---

 Paserene | The Shiner White Blend

---

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

## Ingredients & Prep

75ml	Couscous
10g	Sunflower Seeds
1	Onion <i>peeled &amp; cut into wedges</i>
100g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
1	Bell Pepper <i>½ rinsed, deseeded &amp; cut into strips</i>
160g	Free-range Ostrich Steak
10ml	NOMU Roast Rub
3g	Fresh Rosemary <i>rinsed</i>
20g	Green Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
4g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
15ml	Balsamic Vinegar

## From Your Kitchen

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

**1. YUM YUM COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SWEET ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**4. GOLDEN BABY MARROW** Return the pan to medium high-heat with a drizzle of oil. When hot, fry the baby marrow pieces until lightly charred, 2-3 minutes per side. Remove from the pan.

**5. CHARRED RED PEPPER** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 1-2 minutes (shifting occasionally). Remove from the pan.

**6. BUTTER-BASTED OSTRICH** Return the pan to medium-high heat with a drizzle of oil. 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, baste with a knob of butter, the NOMU rub, and the rinsed rosemary. Remove from the pan, discard the rosemary and reserve the pan juices. Set aside to rest for 5 minutes before slicing and seasoning.

**7. VEGGIE MEDLEY** Toss the cooked onions, the charred peppers, the charred baby marrow, the shredded leaves, the diced tomato, ½ the chopped parsley, and seasoning through the cooked couscous. In a small bowl, combine the balsamic vinegar with a generous drizzle of olive oil, a sweetener, and seasoning.

**8. COME AND GET IT!** Serve up the loaded couscous, top with the rosemary basted ostrich slices and drizzle with any remaining pan juices. Drizzle over the balsamic dressing and garnish with the remaining fresh parsley and the toasted seeds.

## Nutritional Information

Per 100g

Energy	355kj
Energy	85kcal
Protein	7.2g
Carbs	10g
of which sugars	2.8g
Fibre	1.8g
Fat	1.6g
of which saturated	0.3g
Sodium	85mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days