



# UCCOOK

## Oh-So-Tasty Ostrich Kebabs

with roasted beetroot & corn on the cob

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	300kj	2464kj
Energy	72kcal	589kcal
Protein	5.1g	41.9g
Carbs	6g	48g
of which sugars	1.8g	14.9g
Fibre	1.7g	13.8g
Fat	3g	24.7g
of which saturated	0.7g	5.4g
Sodium	131mg	1080mg

**Allergens:** Cow's Milk, Egg, Allium, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
1	2	Corn On The Cob <i>remove silks &amp; cut into thirds</i>
150g	300g	Free-range Ostrich Chunks
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
80g	160g	Baby Tomatoes <i>rinse</i>
15ml	30ml	NOMU Rub Mix <i>(10ml [20ml] NOMU Roast Rub &amp; 5ml [10ml] NOMU One For All Rub)</i>
4	8	Wooden Skewers
20ml	40ml	Pesto Princess Basil Pesto

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. ROAST** Preheat the oven to 200°C. In a bowl, combine the beetroot with oil, and season. In a separate bowl, combine the corn with oil and season. Place the beetroot on the half side of the roasting tray and add the corn to the other side of the tray. Roast in the hot oven until cooked through, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. SOME PREP** Pat the ostrich dry with paper towel and cut into small bite-sized chunks. In a bowl, coat the pepper, the tomatoes, and the ostrich in the oil, the NOMU rub mix, and seasoning. Thread the pepper, the ostrich, and the tomato onto the skewer, rotating the ingredients in that order. Repeat until all the skewers are filled and make sure all the ostrich is threaded on the skewers. If you have any leftover tomato and pepper, scatter them over the roast in the final 5-8 minutes.

**3. CHARRING MOMENT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the skewers until lightly charred and cooked through, 3-4 minutes, turning as they colour.

**4. PESTO** Loosen the pesto with 15ml [30ml] of olive oil.

**5. DINNER IS READY** Dish up the roast, top with the skewers, and drizzle the pesto over the skewers. Dig in, Chef!