

QCOOK

One Pan Ostrich & Sweet Potato

with sun-dried tomatoes & creamy feta

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	478kJ	3063kJ
Energy	114kcal	732kcal
Protein	7.3g	46.6g
Carbs	10g	67g
of which sugars	5.2g	33.6g
Fibre	1.8g	11.7g
Fat	4.1g	26g
of which saturated	1.4g	8.9g
Sodium	156.7mg	1005mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
600g	800g	Sweet Potato Chunks
225g	300g	Sliced Onions
30ml	40ml	NOMU Spanish Rub
60g	80g	Danish-style Feta <i>drain</i>
150ml	200ml	Greek Yoghurt
225g	300g	Shredded Cabbage
45ml	60ml	Lemon Juice
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
75g	100g	Seed Mix <i>(45g [60g] Pitted Dates & 30ml [40ml] Pumpkin Seeds)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.
- 2. ALL TOGETHER** Return the pan to medium heat with a drizzle of oil if necessary. Fry the sweet potato and the onion until golden, 6-8 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in 450ml [600ml] of water, cover with a lid, and simmer until reduced and the sweet potato is cooked through, 15-20 minutes. In the final 1-2 minutes, mix in the ostrich, and seasoning. Remove from the heat.
- 3. SOME PREP** While the sweet potato is simmering, whisk the feta and the yoghurt in a small bowl. In a salad bowl, dress the cabbage with lemon juice (to taste) and a drizzle of olive oil. Roughly chop the dates in the seed mix.
- 4. DINNER IS READY** Make a bed of the lemony cabbage, top it with the loaded sweet potato, scatter over the sun-dried tomatoes, and the seed mix. Finish with dollops of the creamy feta and enjoy, Chef!