



UCCOOK

Sweet Soy Ostrich Yakitori

with roasted gem squash


A taste of ostrich yakitori in the comfort of your own home! Skewers are studded with sweet-sesame soy marinated ostrich, pineapple & onion. Served alongside roasted gem squash and a pickled cucumber salad. Delish!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

1	Gem Squash <i>halve & deseed</i>
2	Wooden Skewers
1	Onion <i>peel & cut ½ into wedges</i>
10g	Cashew Nuts
55ml	Sweet Sesame Soy <i>(20ml Honey, 30ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
10g	Fresh Ginger <i>peel & grate</i>
5ml	Dried Chilli Flakes
150g	Free-range Ostrich Chunks <i>pat dry with paper towel & cut into bite-sized pieces</i>
2	Tinned Pineapple Rings <i>drain & cut into bite-sized pieces</i>
100g	Cucumber
1	Lemon <i>rinse & cut into wedges</i>
20g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. THE GEMS ARE ROASTIN' Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until cooked through and soft, 25-30 minutes. At the halfway mark, pop a small knob of butter (optional) or a drizzle of oil into each half and return to the oven for the remaining time.

2. FEELING PREPPY Place the skewers in a shallow dish. Cover with water and soak for 10 minutes. Separate the layers of the onion wedges into petals. Set aside. Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. JAPANESE MARINADE In a large bowl, combine ¾ of the sweet sesame soy, the grated ginger, and ½ the chilli flakes (to taste). Add the ostrich chunks, the onion petals, and the pineapple pieces. Mix until fully coated.

4. SMASHED SALAD Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and lightly salt. In a small bowl, combine the remaining sweet sesame soy, a squeeze of lemon juice, and the remaining chilli flakes (to taste). Add the cucumber pieces and set aside to marinate. Just before serving, add the rinsed salad leaves and toss to combine.

5. THREAD & BAKE Thread 1 ostrich chunk, 2-3 onion petals, and 1 pineapple piece onto a skewer, making sure they are secure. Repeat in the same order, filling up both skewers until they are full. Place on a greased baking tray and bake in the hot oven until the onions are soft and the ostrich is browned, 15-20 minutes. In the final 5 minutes, increase the temperature to the highest temperature or the grill setting.

6. HAPPY EATING! Plate up the ostrich skewers. Side with the roasted gem squash halves and the salad sprinkled with the toasted cashew nuts. Garnish with a lemon wedge. Itadakimasu!

Nutritional Information

Per 100g

Energy	284kJ
Energy	68kcal
Protein	4g
Carbs	7g
of which sugars	4.2g
Fibre	1.4g
Fat	2.3g
of which saturated	0.5g
Sodium	127mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Cook
within
4 Days