



UCOOK

Ostrich Protein Bowl

with a **Pesto Princess** pesto yoghurt drizzle

Quick to make and packed with all the good stuff! Ostrich mince and black beans on a bed of quinoa, with salsa and coriander pesto-yoghurt.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Deon Huysamer

♥ Health Nut

🍷 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

400ml	White Quinoa
40ml	Vegetable Stock
320g	Baby Tomatoes <i>roughly sliced</i>
4	Spring Onions <i>finely sliced</i>
40ml	Red Wine Vinegar
260ml	Pesto Yoghurt <i>(60ml Pesto Princess Coriander & Chilli Pesto & 200ml Coconut Yoghurt)</i>
2	Onions <i>peeled & finely diced</i>
40ml	NOMU Mexican Spice Blend
600g	Free-range Ostrich Mince
240g	Black Beans <i>drained & rinsed</i>
160g	Corn

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. FLUFFY QUINOA Rinse the quinoa, and place it in a pot. Submerge it with 800ml of water, and ½ the vegetable stock. Bring to a simmer for 13-18 minutes until the quinoa is cooked and the tails have popped out. Add more water if required, and drain on completion if necessary. Return to the pot, cover with a lid and let it stand for 5 minutes. Season to taste.

2. SOME PREP Boil the kettle. In a bowl, combine the baby tomatoes, ½ the spring onion and red wine vinegar, and season to taste. Dilute the remaining vegetable stock with 50ml of boiling water. Loosen the pesto-yoghurt with water in 5ml increments until drizzling consistency.

3. FRY THE MINCE Place a pan (large enough for the mince and beans) over a medium heat with some oil. When hot, fry the onion for 2-3 minutes, stirring occasionally, until translucent. Add the Mexican Rub (to taste) and fry for a further 30-60 seconds until fragrant. Turn up the heat and add the mince, working quickly to break it up. Cook for 7-10 minutes, stirring occasionally until cooked. In the final 2-3 minutes, add the diluted stock, black beans and corn, mixing well to combine. Season to taste.

4. PLATE UP Plate up some fluffy quinoa. Top with the protein-packed ostrich mince, the simple salsa, the remaining spring onion slices and drizzle over the pesto-yoghurt. Well done, Chef!



Chef's Tip

Grains like rice, quinoa and barley should be rinsed thoroughly with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

Nutritional Information

Per 100g

Energy	603kj
Energy	144Kcal
Protein	8.2g
Carbs	16g
of which sugars	2.5g
Fibre	2.3g
Fat	4.9g
of which saturated	1.1g
Sodium	328mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days