

UCCOOK

Tunisian Ostrich Skewers

with charred broccoli

Hands-on Time: 30 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	380kj	2074kj
Energy	91kcal	496kcal
Protein	7.7g	42g
Carbs	6g	32g
of which sugars	2g	13g
Fibre	2g	10g
Fat	3.7g	20.2g
of which saturated	0.8g	4.2g
Sodium	143.3mg	781.8mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Chunks
15ml	20ml	NOMU One For All Rub
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
6	8	Wooden Skewers
600g	800g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
180ml	250ml	Harissa Yoghurt <i>(90ml [125ml] Pesto Princess Harissa Paste & 90ml [125ml] Low Fat Plain Yoghurt)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
45g	60g	Piquanté Peppers <i>drain</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. O-YUM OSTRICH Pat the ostrich dry with paper towel. Separate the onion wedges into petals. Thread the ostrich and onion petals onto the skewers, rotating the ingredients in that order. Repeat until all the skewers are filled, making sure all the meat is threaded on the skewers. Coat the skewers in a light drizzle of oil, the NOMU rub, and season. Set aside any leftover onions to be used later.

2. ROCK THE BROCC Place a pan over medium-high heat with a light drizzle of oil. When hot, fry the broccoli and the reserved onion petals until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and season.

3. DELISH DRIZZLE In a bowl, loosen the harissa yoghurt with water in 5ml increments until drizzling consistency. Season and set aside.

4. COLOUR & CRUNCH In a salad bowl, toss together the salad leaves and peppers. Add the charred veg and toss together with the lemon juice (to taste). Season and set aside.

5. SUPERB SKEWERS Return the pan to medium-high heat. When hot, fry the ostrich skewers until charred and cooked through, 3-4 minutes. Remove from the pan.

6. DELICIOUSNESS ON A PLATE Plate up the charred skewers and serve the loaded salad alongside. Drizzle with the loosened yoghurt and get ready to dig in!