

UCOOK

Oh-So-Tasty Ostrich Kebabs

with roasted beetroot & corn on the cob

A tantalising taste trio of tangy tomato, bell pepper & ostrich are threaded onto skewers and cooked until they can only be described as 'sensational sosaties'. Served with a colourful roast of corn on the cob & beetroot and garnished with dollops of bright Pesto Princess Basil Pesto and peppery fresh basil.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Domaine Des Dieux | Josephine Pinot Noir

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	Corn On The Cob <i>remove silks & cut into thirds</i>
150g	Free-range Ostrich Chunks
1	Bell Pepper <i>rinse, deseed & cut ½ into 1cm chunks</i>
80g	Baby Tomatoes <i>rinse</i>
15ml	NOMU Rub Mix <i>(10ml NOMU Provençal Rub & 5ml NOMU One For All Rub)</i>
4	Wooden Skewers
20ml	Pesto Princess Basil Pesto
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. In a bowl, combine the beetroot pieces with oil, and season. In a separate bowl, combine the corn pieces 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).

2. SOME PREP Pat the ostrich dry with paper towel and cut into small bite-sized chunks. In a bowl, coat the pepper chunks, the rinsed tomatoes, and the ostrich pieces 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 pieces, 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 of olive oil.

5. DINNER IS READY Dish up the roast, top with the skewers, and drizzle the pesto over the skewers. Garnish with the rinsed basil and enjoy, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces and the corn in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	312kJ
Energy	75kcal
Protein	5.2g
Carbs	6g
of which sugars	1.9g
Fibre	1.7g
Fat	3.3g
of which saturated	0.7g
Sodium	105mg

Allergens

Cow's Milk, Egg, Allium, Tree Nuts

Eat
Within
4 Days