



UCOOK

Middle Eastern Ostrich Feast

with golden pita quarters & dried cranberries


The ultimate feast for your eyes and taste buds! Whipped feta forms the luscious base for perfectly oven roasted beets, carrots, and chickpeas. Sided with tender ostrich steak slices and toasted pita triangles. Drizzled with a zesty tahini dressing and finished off with a scattering of dried cranberries & toasted pecan nuts. A real showstopper, Chef!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Isabella Melck

 Adventurous Foodie

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
150g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
120g	Chickpeas <i>drain & rinse</i>
10g	Pecan Nuts <i>roughly chop</i>
150g	Free-range Ostrich Fillet
1	Pita Bread
50ml	Low Fat Plain Yoghurt
40g	Danish-style Feta <i>drain</i>
15ml	Lemon Juice
10ml	Tahini
20g	Green Leaves <i>rinse</i>
10g	Dried Cranberries <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender (optional)
Paper Towel
Butter

1. VEGGIE ROAST Preheat the oven to 200°C. Spread the carrot wedges and the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CHICKPEAS To a bowl, add the chickpeas, coat in oil, and season. When the roast reaches the halfway mark, scatter over the chickpeas and roast for the remaining time until crispy.

3. TOASTED PECANS Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. TOAST THE PITA Return the pan, wiped down, to medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

6. SOME PREP In a small bowl, combine the yoghurt, the drained feta, and seasoning. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. In a separate bowl, combine the tahini, the lemon juice (to taste), a sweetener, and 10ml of water. Mix to combine, and season. Dress the rinsed green leaves with olive oil and the lemon juice (to taste).

7. TIME TO FEAST Smear the whipped feta on the plate. Top with the dressed leaves and the roasted veg. Side with the ostrich slices and the pita quarters. Drizzle the tahini dressing over the roast and scatter over the chopped cranberries & pecan nuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges, the beetroot pieces, and the drained chickpeas in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	588kj
Energy	141kcal
Protein	8.5g
Carbs	15g
of which sugars	2.2g
Fibre	3.2g
Fat	4.5g
of which saturated	1.5g
Sodium	149mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
withinn
4 Days