



UCCOOK

Grilled Ostrich Quinoa Salad

with roasted carrot & sun-dried tomatoes

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	363kj	2023kj
Energy	87kcal	484kcal
Protein	7.6g	42.3g
Carbs	11g	64g
of which sugars	3.8g	21.2g
Fibre	2.2g	12g
Fat	1.9g	10.5g
of which saturated	0.4g	2g
Sodium	32mg	177mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
8g	10g	Fresh Thyme <i>rinse & finely chop</i>
150ml	200ml	Quinoa <i>rinse</i>
450g	600g	Free-range Ostrich Fillet
15ml	20ml	Dried Oregano
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into thin strips</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
45ml	60ml	Balsamic Vinegar
8g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. ROAST VEG Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Lightly spray with cooking spray, coat with thyme (to taste), and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 675ml [900ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 25-30 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. OSTRICH Place a pan over medium-high heat. Pat the ostrich dry with paper towel, coat with oregano, and lightly spray with cooking spray. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Combine the quinoa with the roast, peppers, sun-dried tomatoes, and balsamic vinegar (to taste), and toss to combine.

5. DINNER IS READY Dish up the loaded quinoa, top with the ostrich slices, and garnish with the basil. Well done, Chef!