



UCCOOK

Ostrich Souvlaki Bowl

with roasted beetroot, hummus & tzatziki

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	295kJ	2450kJ
Energy	71kcal	586kcal
Protein	5.2g	43.3g
Carbs	5g	44g
of which sugars	2g	16.7g
Fibre	1.6g	13g
Fat	2.6g	21.8g
of which saturated	0.6g	5g
Sodium	171mg	1419mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150g	300g	Free-range Ostrich Chunks
10ml	20ml	NOMU Moroccan Rub
40ml	80ml	Tzatziki
40ml	80ml	Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROAST BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the olives, the cucumber, the tomatoes, the onion (to taste), ½ the parsley, a drizzle of olive oil, and seasoning.

3. BUTTER-BASTED OSTRICH Place a pan over 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 30-60 seconds, baste with a knob of butter and ¾ of the NOMU rub. Remove from the pan and season.

4. A TRIP TO GREECE Plate up the roasted beetroot, the ostrich, the tomato salsa, and the tzatziki. Side with the hummus, drizzled with olive oil and sprinkled with the remaining NOMU rub. Scatter over the remaining parsley. A masterpiece, Chef!