

# UCCOOK

## Harissa Ostrich Steak Bowl

with roasted butternut & a harissa yoghurt

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Jade Summers

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 381kj    | 2081kj      |
| Energy             | 91kcal   | 498kcal     |
| Protein            | 7.6g     | 41.6g       |
| Carbs              | 7g       | 39g         |
| of which sugars    | 3g       | 14g         |
| Fibre              | 2g       | 10g         |
| Fat                | 2.8g     | 15.4g       |
| of which saturated | 0.8g     | 4.3g        |
| Sodium             | 113mg    | 616mg       |

**Allergens:** Sulphites, Peanuts, Tree Nuts, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                                    |
|----------|------------|------------------------------------------------------------------------------------------------------------------------------------|
| 750g     | 1kg        | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>                                                |
| 30ml     | 40ml       | Moroccan Spice Mix<br><i>(7.5ml [10ml] ground cumin &amp; 7.5ml [10ml] smoked paprika &amp; 15ml[20ml] old stone dukkah spice)</i> |
| 15g      | 20g        | Pumpkin Seeds                                                                                                                      |
| 120g     | 160g       | Kale<br><i>rinse &amp; roughly shred</i>                                                                                           |
| 60ml     | 80ml       | Pesto Princess Harissa Paste                                                                                                       |
| 120ml    | 160ml      | ButtaNutt Coconut Yoghurt                                                                                                          |
| 480g     | 640g       | Free-range Ostrich Steak                                                                                                           |
| 30g      | 40g        | Pitted Green Olives<br><i>drain &amp; roughly slice</i>                                                                            |

## From Your Kitchen

Seasoning (Salt & Pepper)  
Water  
Paper Towel  
Cooking Spray

1. **DELISH DUKKAH VEG** Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat in cooking spray, ½ the Moroccan spice mix, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. **PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **CRISPY KALE** Place the kale in a bowl and lightly add cooking spray and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. **HARISSA YOGHURT** In a small bowl, combine the harissa paste and the coconut yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

5. **SPICY, SEARED STEAK** Return the pan over medium-high heat and lightly add cooking spray. 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 minute, baste with the remaining Moroccan spice mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. **MMMOROCCAN MEAL** Bowl up the roasted veg and the olives. Top with the ostrich, drizzle over the harissa yoghurt, and sprinkle over the pumpkin seeds. Indulge, Chef!