

# UCCOOK

## Cumin Ostrich & Sensational Socca

with a garlic yoghurt dressing & pickled red onions

Tender ostrich chunks grilled to perfection and served with a light and airy chickpea flour pancake. A creamy garlic dipping sauce sides and finishes off this tasty dish!

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes


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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Stellenzicht | Tristone Cabernet Sauvignon

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## Ingredients & Prep

375ml	Chickpea Flour
7,5ml	Baking Powder
12g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>1½ cut into wedges</i>
1	Red Onion <i>¾ peeled &amp; finely sliced</i>
450g	Free-range Ostrich Chunks
3,75ml	Ground Cumin
150ml	Low Fat Plain Yoghurt
30g	Pine Nuts
2	Garlic Cloves <i>peeled &amp; grated</i>
600g	Baby Marrow <i>rinsed &amp; sliced into discs</i>
60g	Green Leaves <i>rinsed</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. START WITH SOCCA!** In a bowl, add the chickpea flour, a pinch of salt, and the baking powder. Mix until fully combined. Slowly pour in 300ml of warm water and whisk until a thin, but not watery, consistency - you may not need all the water! Cover and leave to rest for at least 30 minutes. Once rested, mix in 3 tbsp of olive oil and the chopped oregano.

**2. PICKLE & MARINADE** In a bowl, add the juice from 3 lemon wedges, a sweetener of choice (to taste), and seasoning. Mix until the sweetener has fully dissolved. Add the sliced onion. Mix until fully coated and set aside to pickle. In a separate bowl, combine the ostrich chunks, the ground cumin, ½ the yoghurt, and seasoning. Set aside to marinate.

**3. PINE NUTS & DRESSIN'** Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Remove from the pan and place in a bowl. Add the remaining yoghurt, seasoning, and mix until fully combined.

**4. FRY THE VEG & OSTRICH** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the baby marrow discs and fry for 3-5 minutes until charred, flipping halfway. On completion, remove from the pan, season, and cover to keep warm. Return the pan to a medium heat with a drizzle of oil. When hot, add the marinated ostrich and fry for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for 3 minutes.

**5. FINAL STEP** Return the pan to a medium heat with a drizzle of oil. When hot, pour in ⅓ of the socca batter. Tilt the pan in a circular motion so that the batter evenly coats the pan. Cook for 1-2 minutes until the bottom has browned. Flip and cook for a further 1-2 minutes. Remove from the pan. Repeat with the remaining batter to make 3 pancakes per portion.

**6. YUM!** Plate up the socca pancakes. Smear with ½ the garlicky yoghurt and top with the ostrich, the baby marrow, the pickled onions, and the rinsed green leaves. Loosen the remaining garlicky yoghurt with water in 5ml increments until a drizzling consistency and drizzle over the loaded pancakes. Sprinkle over the pine nuts.

## Nutritional Information

Per 100g

Energy	437kJ
Energy	104kcal
Protein	9.4g
Carbs	11g
of which sugars	3.3g
Fibre	2.6g
Fat	2.6g
of which saturated	0.6g
Sodium	27mg

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within  
4 Days