



UCOOK

Rainbow Ratatouille & Ostrich

with Kalamata olives & crispy chickpeas

Ratatouille makes a delicious pairing for all the veggie goodness that we've got going on in this unique ostrich dish! We've made it even more flavourful & fabulous by adding fresh basil and tangy black olives. Ready to eat the rainbow?

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Range Cabernet Sauvignon 2016

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Ingredients & Prep

| | |
|-------|---|
| 120g | Chickpeas <i>drained & rinsed</i> |
| 1 | Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 1 | Onion <i>¼ peeled & roughly diced</i> |
| 100g | Baby Marrow <i>rinsed & cut into bite-sized chunks</i> |
| 100ml | Tomato Passata |
| 160g | Free-range Ostrich Steak |
| 10ml | NOMU Provençal Rub |
| 20g | Pitted Kalamata Olives <i>drained & roughly chopped</i> |
| 4g | Fresh Basil <i>rinsed, picked & roughly torn</i> |

From Your Kitchen

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

1. CRISPY CHICKPEAS Place a pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 10-12 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in!

2. RAVISHING RATATOUILLE Place a pan over a medium heat with a drizzle of oil. When hot, add the pepper pieces, grated garlic and the diced onion. Fry for 4-5 minutes until softened slightly, shifting occasionally. Add the baby marrow chunks and fry for 1-2 minutes until lightly browned, shifting occasionally. Pour in the passata, and 50ml of water. Mix until fully combined. Leave to simmer for 6-7 minutes, until the veggies are cooked through, stirring occasionally. Remove from the heat, cover to keep warm, and season with salt, pepper, and a sweetener of choice (to taste).

3. SIZZLING STEAKS Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter (optional) and the rub to baste the steak. Remove from the pan and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. FINISH UP Dish up a hearty helping of the saucy ratatouille. Top with the chopped olives and crispy chickpeas. Garnish with the freshly torn basil and dig in, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 304kJ |
| Energy | 73kcal |
| Protein | 6.7g |
| Carbs | 7g |
| of which sugars | 2.7g |
| Fibre | 2.3g |
| Fat | 1.5g |
| of which saturated | 0.3g |
| Sodium | 115mg |

Allergens

Allium, Sulphites

Cook
within
4 Days