

UCCOOK

Spicy Pumpkin & Ostrich Bowl

with roast pumpkin & cottage cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Lauren Nel

Nutritional Info	Per 100g	Per Portion
Energy	297kJ	1912kJ
Energy	71kcal	457kcal
Protein	6.8g	43.5g
Carbs	5g	32g
of which sugars	2g	15g
Fibre	1g	9g
Fat	2.5g	16g
of which saturated	0.7g	4.8g
Sodium	112mg	719mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
2.5ml	5ml	Dried Chilli Flakes
150g	300g	Free-range Ostrich Mince
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	NOMU Taco Mex Mix
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20g	40g	Pickled Onions
50ml	100ml	Low Fat Cottage Cheese
40g	80g	Green Leaves <i>rinse</i>
5ml	10ml	Pumpkin Seeds

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water

1. TURN UP THE HEAT Preheat the oven to 200°C. Spread out the pumpkin on a roasting tray. Lightly coat with cooking spray or oil (optional), seasoning, and chilli flakes (to taste). Roast in the hot oven for 25-30 minutes until cooked through and crisping up. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Remove from the oven and set aside.

2. HOMEMADE PATTIES In a bowl, combine the mince, the garlic (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 2 [4] patties, of about 2cm thick. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. Remove from the pan and set aside.

3. CREAMY SALAD In a small bowl, combine the cucumber, tomatoes, and pickled onion. Add the cottage cheese and toss it through the green leaves.

4. WHAT A GREAT PLATE In a bowl, add the pumpkin chunks, top with the mince patties, side with your fresh salad, and finish with pumpkin seeds. Enjoy, Chef.