



# UCCOOK

## Moroccan Ostrich Fillet Bowl

with roasted butternut & a harissa yoghurt

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Jade Summers

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 386kJ    | 2082kJ      |
| Energy             | 92kcal   | 498kcal     |
| Protein            | 7.4g     | 39.9g       |
| Carbs              | 7g       | 40g         |
| of which sugars    | 3g       | 14g         |
| Fibre              | 2g       | 10g         |
| Fat                | 3g       | 16.1g       |
| of which saturated | 0.8g     | 4.3g        |
| Sodium             | 122.2mg  | 658.5mg     |

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

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 |      | [Serves 2]                                                                                                                        |
|----------|------|-----------------------------------------------------------------------------------------------------------------------------------|
| 250g     | 500g | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>                                               |
| 15ml     | 30ml | Moroccan Spice Mix<br><i>(2,5ml [5ml] Ground Cumin, 2,5ml [5ml] Smoked Paprika &amp; 10ml [20ml] Old Stone Mill Dukkah Spice)</i> |
| 5g       | 10g  | Pumpkin Seeds                                                                                                                     |
| 40g      | 80g  | Kale<br><i>rinse &amp; roughly shred</i>                                                                                          |
| 20ml     | 40ml | Pesto Princess Harissa Paste                                                                                                      |
| 40ml     | 80ml | ButtaNutt Coconut Yoghurt                                                                                                         |
| 150g     | 300g | Free-range Ostrich Fillet                                                                                                         |
| 10g      | 20g  | 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, 25-30 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** Place a 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!