

UCOOK

Moroccan Ostrich & Olives

with quinoa & Danish-style feta

This bowl of goodness will bowl over anyone you make this dish for - including you, Chef! You will enjoy every fulfilling forkful of this meal with its combination of creamy feta, a briny olive medley, browned ostrich, tangy baby tomatoes & fluffy quinoa.


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Sijnn Wines | Sijnn Saignée 2018

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Ingredients & Prep

75ml	Quinoa <i>rinsed</i>
20g	Green Leaves <i>rinsed</i>
100g	Cucumber
80g	Baby Tomatoes
20g	Mixed Olives <i>(10g Kalamata Olives & 10g Green Olives)</i>
30g	Danish-style Feta
3g	Fresh Oregano
150g	Free-range Ostrich Chunks
5ml	NOMU Moroccan Rub
50ml	Hummus
10g	Pumpkin Seeds

From Your Kitchen

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

1. QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes. Toss through the rinsed green leaves and set aside.

2. PREP STEP While the quinoa is simmering, rinse and cut the cucumber into half-moons. Rinse and halve the baby tomatoes. Drain and halve the mixed olives. Drain the feta. Rinse, pick, and roughly chop the oregano.

3. OLIVES & TOMS In a small bowl, combine the halved olives, the drained feta, a drizzle of olive oil, and seasoning. Set aside. In a separate bowl, combine the halved baby tomatoes, ½ the chopped oregano (to taste), a drizzle of olive oil, and seasoning. Set aside.

4. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with the NOMU rub and a knob of butter (optional). Remove from the pan and season.

5. EAT Plate up the quinoa. Top with the seared ostrich chunks, the cucumber half-moons, the herby baby tomatoes, the olive & feta mix, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Enjoy!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	568kj
Energy	136kcal
Protein	10.1g
Carbs	12g
of which sugars	1.5g
Fibre	2.3g
Fat	5.2g
of which saturated	1.7g
Sodium	226.2mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within
4 Days