



# QCOOK

## Couscous & Ostrich Buddha Bowl

with marinated tomatoes & red pepper hummus

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Piekenierskloof | Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	520kj	3407kj
Energy	125kcal	815kcal
Protein	8.8g	57.6g
Carbs	15g	96g
of which sugars	2.9g	18.8g
Fibre	3.5g	22.6g
Fat	2.7g	17.8g
of which saturated	0.7g	4.4g
Sodium	63mg	409mg

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	Couscous
150g	200g	Peas
2	2	Onions <i>peel &amp; roughly slice</i>
180g	240g	Tinned Lentils <i>drain &amp; rinse</i>
45ml	60ml	Red Wine Vinegar
2	2	Tomatoes <i>rinse &amp; roughly dice 1½ [2]</i>
450g	600g	Free-range Ostrich Chunks
8g	10g	Fresh Thyme <i>rinse</i>
150ml	200ml	Red Pepper Hummus

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. COUSCOUS & PEAS** Boil the kettle. Place the couscous and peas in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. CARAMELISED ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**3. LENTILS & TOMATOES** Return the pan (with a lid) to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season. In a bowl, combine the vinegar, a drizzle of olive oil, and mix to emulsify. Add the tomatoes, toss to combine, season, and set aside.

**4. OSTRICH** Place a clean 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 1-2 minutes, baste with a knob of butter and the thyme sprigs. Remove from the pan. Season and set aside.

**5. DINNER IS READY** Assemble the dish in buddha bowl style by placing the couscous next to the lentils, tomato, caramelised onions, and the ostrich arranged alongside, discarding the thyme sprigs. Finish with dollops of hummus. Well done, Chef!