



QCOOK

North African Ostrich Ciabattini

with potato fries & avocado hummus

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 563kj | 2953kj |
| Energy | 135kcal | 706kcal |
| Protein | 9.7g | 51.1g |
| Carbs | 18g | 95g |
| of which sugars | 1.9g | 9.8g |
| Fibre | 2.4g | 12.6g |
| Fat | 2.9g | 15g |
| of which saturated | 0.3g | 1.7g |
| Sodium | 233mg | 1225mg |

Allergens: Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Potato <i>rinse, peel (optional) & cut into 1cm thick fries</i> |
| 10ml | 20ml | NOMU Moroccan Rub |
| 160g | 320g | Free-range Ostrich Steak |
| 1 | 2 | Ciabattini Roll/s |
| 50ml | 100ml | Avocado Hummus |
| 20g | 40g | Green Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Paper Towel

1. POTATO FRIES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat generously in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. OSTRICH When the potato has 5-10 minutes to go, 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 per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, keeping the pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

3. BUN Halve the ciabattini roll/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. SOME PREP Loosen the avocado hummus with a splash of water.

5. O-YUM OSTRICH BUN Smear the hummus on the bottom of the roll/s, top with the green leaves, the ostrich, and the pan juices. Close the roll/s and serve alongside the potato fries. Enjoy, Chef!