



U C O O K

— COOKING MADE EASY

SUMPTUOUS SPICED OSTRICH

with quinoa, roast pumpkin & hummus dressing

Relish the lean texture and colourful aroma of free-range ostrich steak, seared in Rogan Josh spice. With the zing of pickled pepper salsa, the natural sweetness of roast pumpkin, and the warmth of hearty quinoa.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

250g	Pumpkin Chunks cut into bite-size pieces
75ml	White Quinoa
10ml	White Wine Vinegar
100g	Pickled Peppers drained & roughly chopped
50g	Cucumber diced
50ml	Hummus
4g	Fresh Parsley rinsed & roughly chopped
1	Ostrich Steak
10ml	Spice Mix (5ml CHS Rogan Josh & 5ml coriander seeds)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Paper Towel
Water
Sugar/Sweetener/Honey

1. SWEET SWEET PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. COOK THE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water, place over a medium-high heat, and bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. SALSA & HUMMUS Combine the white wine vinegar and 60ml of warm water in a bowl. Add 1 tsp of a sweetener of choice and whisk until dissolved. Add in the chopped pickled peppers and diced cucumber. Toss together and set aside to pickle until serving. Combine the hummus with 1 tsp of olive oil and three quarters of the chopped parsley. Mix in water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. SPICED OSTRICH When the pumpkin has 10-15 minutes to go, place a pan over a medium-high heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 6-8 minutes, shifting as it colours, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, evenly sprinkle over the Spice Mix and add another drizzle of oil. Use the pan juices to baste the steak for the remaining cooking time. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. COLOURFUL QUINOA Just before serving, toss the roast pumpkin pieces and pickled salsa through the cooked quinoa. Use or lose the pickling liquid as you'd like!

6. SINK INTO HEALTH HEAVEN Dish up some vibrant quinoa salad and top with the tender, sliced ostrich. Drizzle over the hummus dressing and garnish with the remaining chopped parsley. Well done, Chef!



Chef's Tip

A dish full of pumpkin means loads of vitamin A! It's a powerful antioxidant and immune booster that fights free radicals and protects the body's cells from disease. It also keeps eyes healthy and skin glowing.

Nutritional Information

Per 100g

Energy	424kJ
Energy	101Kcal
Protein	7g
Carbs	14g
of which sugars	4g
Fibre	2g
Fat	2g
of which saturated	0g
Salt	1g

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days