



UCOOK

Ostrich Fillet & Avocado Hummus

with toasted pita bread & charred green beans

Once you've made this recipe, Chef, you will want to re-pita it every night! That's because of the wonderful combination of seared ostrich fillet slices, spiced with Provençal Rub, sharing a pita pocket with charred green beans, avo hummus, spring onion, & creamy crumbly bits of feta.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

150g	Free-range Ostrich Fillet
5ml	NOMU Provençal Rub
80g	Green Beans <i>rinse</i>
1	Pita Bread
20g	Green Leaves <i>rinse</i>
10ml	Lemon Juice
50ml	Avocado Hummus
1	Spring Onion <i>rinse, trim & roughly slice</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

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

2. BEANS Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the trimmed beans until lightly charred, 2-3 minutes. Remove from heat and season.

3. PITA Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. TIME TO EAT Dress the rinsed leaves with lemon juice (to taste) and a drizzle of olive oil. Spread the avocado hummus inside the pita pockets, then add the sliced steak with some of the pan juices and sprinkle the sliced onions on top. Serve alongside a bed of dressed green leaves, topped with the charred green beans, and crumble over the feta. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	636kJ
Energy	152kcal
Protein	11.3g
Carbs	17g
of which sugars	2.1g
Fibre	3g
Fat	4.3g
of which saturated	1.3g
Sodium	238mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days