



UCCOOK

Pesto Rice Salad & Ostrich Steak

with tomatoes, cucumber & **NOMU Moroccan Rub**

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	498kJ	2192kJ
Energy	119kcal	525kcal
Protein	9.8g	43.3g
Carbs	14g	63g
of which sugars	1.5g	6.5g
Fibre	0.8g	3.6g
Fat	2.4g	10.8g
of which saturated	0.6g	2.8g
Sodium	88mg	387mg

Allergens: Cow's Milk, Egg, Allium, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Moroccan Rub
150g	200g	Cucumber <i>rinse & dice</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
120ml	160ml	Creamy Pesto <i>(90ml [120ml] Low Fat Plain Yoghurt & 30ml [40ml] Pesto Princess Basil Pesto)</i>

From Your Kitchen

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

1. **RICE** Place the rice in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.
2. **NOW FOR THE PROTEIN** Place a pan over medium-high 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 and set aside to rest for 5 minutes before slicing and seasoning.
3. **LOADED RICE** In a bowl, combine the rice, the cucumber, the tomato, and seasoning.
4. **O-YUM OSTRICH** Make a bed of the loaded rice and top with the ostrich slices. Dollop over the creamy pesto. Easy peasy, Chef!