

UCOOK

Ostrich & Chimichurri Couscous

with Moroccan-spiced charred veg

You can sum this mouthwatering Moroccan meal up with one sound: Mmmm! A spicy Moroccan rub gives a warm kick and delicious flavour to buttery seared ostrich and pan-fried bell pepper, which is tossed with fluffy couscous, pickled onion & cooling cucumber and elevated with Pesto Princess Chimichurri Sauce. Served with a zesty yoghurt.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jenna Peoples

Quick & Easy

Stettyn Wines | Stettyn Shackleton Range Pinot
Noir

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Ingredients & Prep

100ml	Couscous
40ml	Pesto Princess Chimichurri Sauce
40ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
160g	Free-range Ostrich Steak
10ml	Spicy Moroccan Rub <i>(5ml Dried Chilli Flakes & 5ml NOMU Moroccan Rub)</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
20g	Pickled Onions <i>drain & roughly chop</i>
50g	Cucumber <i>rinse & roughly dice</i>
10g	Almonds

From Your Kitchen

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

1. CHIMICHURRI COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. When the couscous is still warm, pull the chimichurri through it. Season and set aside. In a small bowl, mix together the yoghurt and the lemon juice (to taste). Season and set aside.

2. MMMOROCCAN 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 ½ the spicy Moroccan rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. SPICY BELL PEPPER Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper pieces with the remaining spicy Moroccan rub until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. A MEMORABLE MEAL Mix the charred pepper, the pickled onion and the diced cucumber through the couscous. Dish up the loaded couscous, drizzle over the zingy yoghurt and top with the sliced ostrich. Scatter over the almond slivers and dig in, Chef!



Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	459kj
Energy	110kcal
Protein	7.8g
Carbs	12g
of which sugars	2.6g
Fibre	2g
Fat	3.1g
of which saturated	0.5g
Sodium	136.6mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days