



# UCOOK

## Moroccan Ostrich Fillet Bowl

with roasted butternut & a harissa yoghurt

Swap the formal dinner table for a low table and a scattering of comfy cushions and have an authentic Moroccan dining experience tonight, Chef! At the centre will be a delicious meal of dukkah-spiced butternut, served with seared ostrich slices. Featuring aromatic harissa-spiced coconut yoghurt, toasted pumpkin seeds and briny olives.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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\*New Calorie Conscious

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
15ml	Moroccan Spice Mix <i>(2,5ml Ground Cumin, 2,5ml Smoked Paprika &amp; 10ml Old Stone Mill Dukkah Spice)</i>
5g	Pumpkin Seeds
40g	Kale <i>rinse &amp; roughly shred</i>
20ml	Pesto Princess Harissa Paste
40ml	ButtaNutt Coconut Yoghurt
150g	Free-range Ostrich Fillet
10g	Pitted Green Olives <i>drain &amp; roughly slice</i>

## From Your Kitchen

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

**1. DELISH DUKKAH VEG** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, ½ the spiced dukkah mix and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CRISPY KALE** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**4. HARISSA YOGHURT** In a small bowl, combine the harissa paste and the coconut yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

**5. SPICY, SEARED STEAK** 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 minute, baste with the remaining spiced dukkah mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**6. MMMOROCCAN MEAL** Bowl up the roasted veg and the sliced olives. Top with the sliced ostrich, drizzle over the harissa yoghurt, and sprinkle over the toasted pumpkin seeds. Indulge, Chef!

## Nutritional Information

Per 100g

Energy	386kJ
Energy	92kcal
Protein	7.4g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	3g
of which saturated	1.7g
Sodium	122.2mg

## Allergens

Allium, Peanuts, Sulphites, Tree Nuts

Eat  
Within  
4 Days