



UCCOOK

Strandveld's Ostrich Couscous Bowl

with beetroot & feta

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Strandveld Winery

Wine Pairing: Strandveld | Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	567kJ	2892kJ
Energy	136kcal	692kcal
Protein	11g	56.1g
Carbs	14g	69g
of which sugars	1.7g	8.8g
Fibre	2.1g	10.7g
Fat	3.2g	16.5g
of which saturated	1.7g	8.6g
Sodium	175.9mg	897mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Couscous
16g	20g	Mixed Herbs (8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)
450g	600g	Beetroot Chunks
480g	960g	Free-range Ostrich Steak
15ml	20ml	NOMU Roast Rub
150g	200g	Cucumber <i>rinse & roughly dice</i>
30ml	40ml	Lemon Juice
120g	160g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

- 1. COUSCOUS & PREP** Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Rinse and roughly chop the fresh herbs and set aside.
- 2. UN-BEET-ABLE** Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 10-15 minutes. Drain, season, and cover. 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 and set aside to rest for 5 minutes before slicing and seasoning.
- 3. LOAD WITH FLAVOUR** In a large bowl, mix together the couscous, the cucumber, the lemon juice (to taste), the fresh herbs, seasoning and some olive oil.
- 4. DISH UP DELICIOUSNESS** Plate up the couscous. Top with the beetroot and the ostrich. Crumble over the feta and dinner is served, Chef!