UCOOK

Inverroche's Ostrich Koftas & Mint Yoghurt

with charred bell peppers & hummus

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Inverroche Distillery

Wine Pairing: Inverroche | Classic Gin

Nutritional Info	Per 100g	Per Portion
Energy	301kJ	2317kJ
Energy	72kcal	554kcal
Protein	5.9g	45.5g
Carbs	5g	42g
of which sugars	1.6g	12.7g
Fibre	1.8g	13.6g
Fat	3g	23.3g
of which saturated	0.7g	5.3g
Sodium	70mg	543mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cucumber *rinse & cut into bite-sized pieces*
1	2	Tomato/es *rinse & cut into bite-sized pieces*
15ml	30ml	Lemon Juice
3g	5g	Fresh Mint *rinse & finely chop*
30ml	60ml	Greek Yoghurt
150g	300g	Free-range Ostrich Mince
1	1	Garlic Clove *peel & grate*
15ml	30ml	Kofta Mix *(5ml [10ml] Ground Cumin, 5ml [10ml] Ground Coriander & 5ml [10ml] Smoked Paprika)*
60g	120g	Tinned Lentils *drain & rinse*
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into bite-sized pieces*
30ml	60ml	Red Pepper Hummus

From Your Kitchen

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

1. SALAD & HERB YOGHURT In a bowl, combine the cucumber, tomatoes, ½ the mint, and lemon juice with a drizzle of olive oil. Season and set aside in the fridge to use just before serving. In a separate bowl, combine the yoghurt and the remaining mint. Season and set aside in the fridge to use just before serving.

2. NOW FOR THE KOFTAS In a bowl, combine the mince, the garlic, the kofta mix, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 koftas (cylinder shape) per portion. Set aside.

3. LENTILS & BELL PEPPER Place a pan over medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes. Remove from the pan and season. Return the pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. INTO THE PAN Return the pan to medium heat with a drizzle of oil. When hot, fry the koftas until browned and cooked through, 8-10 minutes, turning as they colour. Remove from the pan.

5. A FLAVOUR FEAST Plate up the koftas with the cucumber and tomato salad, hummus, and charred bell peppers alongside them. Dollop over the mint yoghurt on top and sprinkle over the crispy lentils. Dinner is ready, Chef!