



UCOOK

Charred Veg Couscous & Ostrich

with balsamic caramelised onion & sunflower seeds

Fluffy couscous loaded with golden, pan-fried baby marrows, red pepper slices, caramelised onion, fresh greens, tangy tomato & earthy parsley forms the base, then topped with browned ostrich and a balsamic vinegar drizzle.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Jason Johnson

 Quick & Easy

 Paserene | The Shiner White Blend

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Ingredients & Prep

225ml	Couscous
30g	Sunflower Seeds
2	Onions <i>peeled & cut into wedges</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
2	Bell Peppers <i>1½ rinsed, deseeded & cut into strips</i>
480g	Free-range Ostrich Steak
30ml	NOMU Roast Rub
8g	Fresh Rosemary <i>rinsed</i>
60g	Green Leaves <i>rinsed & roughly shredded</i>
2	Tomatoes <i>rinsed & roughly diced</i>
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
45ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. YUM YUM COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

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

3. SWEET ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. GOLDEN BABY MARROW Return the pan to medium high-heat with a drizzle of oil. When hot, fry the baby marrow pieces until lightly charred, 2-3 minutes per side. You may need to do this step in batches. Remove from the pan.

5. CHARRED RED PEPPER Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper slices until lightly charred, 2-3 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan.

6. BUTTER-BASTED OSTRICH Return the pan to 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, the NOMU rub, and the rinsed rosemary. Remove from the pan, discard the rosemary and reserve the pan juices. Set aside to rest for 5 minutes before slicing and seasoning.

7. VEGGIE MEDLEY Toss the cooked onions, the charred peppers, the charred baby marrow, the shredded leaves, the diced tomato, ½ the chopped parsley, and seasoning through the cooked couscous. In a small bowl, combine the balsamic vinegar with a generous drizzle of olive oil, a sweetener, and seasoning.

8. COME AND GET IT! Serve up the loaded couscous, top with the rosemary basted ostrich slices and drizzle with any remaining pan juices. Drizzle over the balsamic dressing and garnish with the remaining fresh parsley and the toasted seeds.

Nutritional Information

Per 100g

Energy	355kj
Energy	85kcal
Protein	7.2g
Carbs	10g
of which sugars	2.8g
Fibre	1.8g
Fat	1.6g
of which saturated	0.3g
Sodium	85mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days