



QCOOK

Ostrich Fillet & Avocado Hummus

with toasted pita bread & charred green beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	638kJ	2781kJ
Energy	153kcal	665kcal
Protein	11.3g	49.5g
Carbs	17g	73g
of which sugars	2.1g	9g
Fibre	3g	13.2g
Fat	4.3g	18.7g
of which saturated	1.3g	5.8g
Sodium	245mg	1067mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU One For All Rub
80g	160g	Green Beans <i>rinse</i>
1	2	Pita Bread/s
20g	40g	Green Leaves <i>rinse</i>
10ml	20ml	Lemon Juice
50ml	100ml	Avocado Hummus
1	2	Spring Onion/s <i>rinse, trim & roughly slice</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. 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 the NOMU rub. Remove from the pan with all the pan juices and set aside to rest for 5 minutes before slicing and seasoning.

2. BEANS Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. When hot, fry the beans until lightly charred, 2-3 minutes. Remove from heat and season.

3. PITA Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. TIME TO EAT Dress the green leaves with lemon juice (to taste) and a drizzle of olive oil. Spread the avocado hummus inside the pita pockets, then add the steak with some of the pan juices and sprinkle the onions on top. Serve alongside a bed of dressed leaves, topped with the charred green beans, and crumble over the feta. Enjoy, Chef!