



# UCCOOK

## Mixed Olive Salsa & Ostrich Fillet

**with tomatoes, Danish-style feta & chilli flakes**

Beautifully browned ostrich fillet is doused in a mixed olive relish loaded with olives, lemon juice, and chilli flakes. Sided with a couscous salad laced with tomatoes & Danish-style feta – simple, but definitely not lacking in flavour!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 **Quick & Easy**

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 **Creation Wines | Creation Syrah Grenache 2020**

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## Ingredients & Prep

|       |                                                                                   |
|-------|-----------------------------------------------------------------------------------|
| 300ml | Couscous                                                                          |
| 480g  | Carrot<br><i>rinsed, trimmed, peeled &amp; cut into rounds</i>                    |
| 160g  | Mixed Olives<br><i>(80g Pitted Kalamata Olives &amp; 80g Pitted Green Olives)</i> |
| 40ml  | Lemon Juice                                                                       |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>                                       |
| 20ml  | Dried Chilli Flakes                                                               |
| 160ml | Low Fat Plain Yoghurt                                                             |
| 600g  | Free-range Ostrich Fillet                                                         |
| 4     | Tomatoes<br><i>rinsed &amp; roughly diced</i>                                     |
| 80g   | Green Leaves<br><i>rinsed</i>                                                     |
| 100g  | Danish-style Feta<br><i>drained</i>                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. IT'S GETTING STEAMY** Boil the kettle. Place the couscous in a bowl with 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.

**2. CAN YOU DO CARROT-E?** Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the carrot rounds until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in 400ml of boiling water, cover with the lid, and simmer until soft, 5-6 minutes. Remove from the pan.

**3. RELISH THE MOMENT** Rinse and roughly chop the mixed olives. Place in a bowl with 1/2 the lemon juice, the grated garlic, the chilli flakes (to taste), 40ml of olive oil, and seasoning. Set aside. In a separate bowl, season the yoghurt and set aside.

**4. SIZZLING STEAK** 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**5. ALL TOGETHER NOW** When the couscous is cooked, add the diced tomatoes, the softened carrots, the rinsed green leaves, a drizzle of oil, the remaining lemon juice, and seasoning. Crumble in the drained feta and toss until combined.

**6. EASY & YUM!** Plate up the ostrich slices and spoon over the olive salsa. Side with the loaded couscous salad and top with dollops of yoghurt. Amazing, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 482kj   |
| Energy             | 115kcal |
| Protein            | 9.1g    |
| Carbs              | 11g     |
| of which sugars    | 2.5g    |
| Fibre              | 2.1g    |
| Fat                | 3.4g    |
| of which saturated | 1.3g    |
| Sodium             | 165mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days