



# UCCOOK

## Souvlaki-style Ostrich

with roasted beetroot, hummus & tzatziki

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Ella Nasser

### Nutritional Info

	Per 100g	Per Portion
Energy	269kJ	1952kJ
Energy	64kcal	467kcal
Protein	6.3g	45.7g
Carbs	5g	34g
of which sugars	2g	14g
Fibre	2g	11g
Fat	1.9g	13.6g
of which saturated	0.5g	3.3g
Sodium	187.1mg	1358.8mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
30g	60g	Pitted Kalamata Olives <i>drain &amp; halve</i>
100g	200g	Cucumber <i>rinse &amp; finely dice</i>
1	2	Tomato/es <i>rinse &amp; cut into bite-sized pieces</i>
1	1	Onion <i>peel &amp; finely dice ¼ [½]</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
160g	320g	Free-range Ostrich Steak <i>pat dry &amp; cut into bite-sized chunks</i>
10ml	20ml	NOMU Moroccan Rub
40ml	80ml	Hummus
40ml	80ml	Tzatziki

## From Your Kitchen

Water  
Paper Towel  
Seasoning (salt & pepper)  
Cooking Spray

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. SIMPLE SALSA** In a bowl, combine the olives, the cucumber, the tomato, the onion (to taste), ½ the parsley and seasoning.

**3. NOMU-SPICED OSTRICH** Place a pan over medium-high heat and lightly add cooking spray. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 30-60 seconds, spice with ¾ of the NOMU rub. Remove from the pan and season.

**4. A TRIP TO GREECE** Plate up the roasted beetroot, the ostrich, the tomato salsa, and the tzatziki. Side with the hummus and sprinkle with the remaining NOMU rub. Scatter over the remaining parsley. A masterpiece, Chef!