



UCOOK

Berry Sauce & Ostrich

with cucumber & fresh herb couscous

You will love these purple-blue pops of delight in a dreamy, creamy sauce, which is drizzled over browned & butter-basted ostrich and couscous layered with fresh herbs, tomato, cucumber, and toasted nuts. Wonka would be proud, Chef!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kelly Fletcher

 Fan Faves

 Strandveld | Grenache

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Ingredients & Prep

10g	Almonds <i>roughly chopped</i>
75ml	Couscous
6g	Fresh Herbs <i>(3g Fresh Coriander & 3g Fresh Basil)</i>
125g	Blueberries
65ml	Red Wine Sauce <i>(50ml Red Wine & 15ml Balsamic Vinegar)</i>
1	Garlic Clove <i>peeled & grated</i>
40ml	Sour Cream
160g	Free-range Ostrich Steak
10ml	NOMU Provençal Rub
1	Tomato <i>rinsed & roughly diced</i>
100g	Cucumber <i>rinsed & roughly diced</i>

From Your Kitchen

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

1. CHOP-CHOP! Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. FOR THE FRESHNESS Rinse, pick and finely chop the mixed fresh herbs. Set aside.

4. BLUEBERRY & WINE SAUCE To a small saucepan, add the blueberries, the red wine sauce, a sweetener, and the grated garlic. Using a potato masher or fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer until slightly thickened, 10-15 minutes. Remove from the heat and stir through the sour cream. Cover and set aside.

5. 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 and the NOMU rub. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

6. ADD SOME COLOUR To the bowl of cooked couscous, toss through the diced tomato, the diced cucumber, ½ the chopped herbs, and ½ the toasted nuts. Season and set aside.

7. WHAT A GREAT PLATE! Plate up the loaded couscous, top with the ostrich slices, and drizzle with any reserved pan juices. Drizzle over the creamy blueberry sauce. Garnish with the remaining nuts and the remaining herbs.

Nutritional Information

Per 100g

Energy	462kJ
Energy	110kcal
Protein	7.5g
Carbs	11g
of which sugars	4g
Fibre	1.8g
Fat	3g
of which saturated	1g
Sodium	79mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Alcohol

Cook
within
4 Days