



UCCOOK

Oh-So-Tasty Ostrich Kebabs

with roasted beetroot & corn on the cob

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	299kJ	2670kJ
Energy	72kcal	639kcal
Protein	4.8g	42.4g
Carbs	7g	60g
of which sugars	2.3g	20.7g
Fibre	1.7g	14.8g
Fat	2.7g	24.5g
of which saturated	0.6g	5.4g
Sodium	122mg	1090mg

Allergens: Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & cut 1½ [2] into bite-sized pieces</i>
45ml	60ml	NOMU Rub Mix <i>(30ml [40ml] NOMU Roast Rub & 15ml [20ml] NOMU One For All Rub)</i>
60ml	80ml	Pesto Princess Basil Pesto
12	16	Wooden Skewers
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
3	4	Corn On The Cob <i>remove silks & cut into thirds</i>
450g	600g	Free-range Ostrich Chunks

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. In a bowl, combine the beetroot with oil, and season. In a separate bowl, combine the corn with oil and season. Place the beetroot on the half side of the roasting tray and add the corn to the other side of the tray. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SOME PREP Pat the ostrich dry with paper towel and cut into small bite-sized chunks. In a bowl, coat the pepper, the onion, and the ostrich in the oil, the NOMU rub mix, and seasoning. Thread the pepper, the ostrich, and the onion onto the skewer, rotating the ingredients in that order. Repeat until all the skewers are filled and make sure all the ostrich is threaded on the skewers. If you have any leftover onion and pepper, scatter them over the roast in the final 5-8 minutes.

3. CHARRING MOMENT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the skewers until lightly charred and cooked through, 4-5 minutes, turning as they colour.

4. PRESTO PESTO Loosen the pesto with 45ml [60ml] of olive oil.

5. DINNER IS READY Dish up the roast, top with the skewers, and drizzle the pesto over the skewers. Dig in, Chef!