



UCOOK

Stuffed Gems & Ostrich

with spinach, cottage cheese & fresh rosemary

Tender ostrich is seared to perfection with fresh rosemary & butter. Paired with soft, roasted gem squash filled with creamy spinach & cottage cheese. Sided with a zesty salad with plump peas & pickled peppers, and garnished with toasted almonds to perfectly round off this delicious meal.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Waterkloof | Circumstance Mourvèdre

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Ingredients & Prep

1	Gem Squash <i>halved & de-seeded</i>
50g	Peas
20g	Green Leaves
3g	Fresh Rosemary
40g	Spinach
25g	Pickled Bell Peppers
10g	Almonds
40ml	Cottage Cheese
2,5ml	Ground Nutmeg
150g	Free-range Ostrich Fillet
10ml	Lemon Juice

From Your Kitchen

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

1. FIRE UP THOSE GEMS Preheat the oven to 200°C. Place the deseeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until cooked through and soft, 25-30 minutes.

2. PREP STEP Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. Rinse the green leaves and the rosemary. Rinse and roughly chop the spinach. Drain the pickled peppers. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY DREAMY FILLING Return the pan to a medium heat with a drizzle of oil or a knob of butter. When hot, fry the chopped spinach until wilted, 1-2 minutes. Remove from the pan and add to a bowl. Combine with the cottage cheese, the nutmeg (to taste), and seasoning. When the gem squash has 5 minutes remaining, remove from the oven and stuff with the creamy spinach filling. Return to the oven and bake for the remaining time.

4. BUTTERY OSTRICH Return the pan to a 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 rosemary sprigs. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

5. SIDE PIECE In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the rinsed green leaves, the plumped peas, the drained pickled peppers, and ½ the toasted almonds.

6. DINNER IS SERVED Plate up the seared ostrich slices and drizzle over any pan juices. Side with the stuffed gem squash and top with the remaining almonds. Serve with the dressed salad. Go for it, Chef!



Chef's Tip

Air fryer method: Brush the cut-sides of the gem squash halves with oil and season. Air fry at 200°C until golden and easily pierced with a fork, 20-25 minutes.

Nutritional Information

Per 100g

Energy	320kJ
Energy	77kcal
Protein	8g
Carbs	5g
of which sugars	2g
Fibre	2.4g
Fat	2.4g
of which saturated	0.6g
Sodium	92mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days