



Eat Within 4 Days

UCCOOK

Caramelised Ostrich Bowl

with roasted carrots & chickpeas

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	369kJ	2395kJ
Energy	88kcal	573kcal
Protein	6.7g	43.8g
Carbs	9g	57g
of which sugars	3.5g	22.8g
Fibre	2.2g	14.3g
Fat	2.4g	15.7g
of which saturated	0.6g	3.6g
Sodium	142mg	924mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Ingredients & Prep Actions:

Serves 3 [Serves 4]

720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
45ml	60ml	NOMU BBQ Rub
450g	600g	Free-range Ostrich Chunks
180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Onions <i>peel & roughly slice</i>
125ml	160ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and ½ of the NOMU rub. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. OSTRICH STRIPS Place a pan over high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel, roughly cut into thin strips, and coat with the remaining rub. When hot, sear the ostrich until browned, 20-30 seconds (shifting occasionally). Remove from the pan.

3. CRISPY CHICKPEAS In a bowl, combine the chickpeas, a drizzle of oil, and seasoning. When the carrots have 15 minutes to go, scatter the chickpeas over, and roast for the remaining time until crispy.

4. CARAMELISED ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, mix through the ostrich, season, and cover.

5. TIME TO EAT Dish up the roast, top with the caramelised onion and ostrich. Finish with dollops of the tzatziki. Enjoy, Chef!