



QCOOK

North African Ostrich Ciabattini

with potato fries & avocado hummus

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	563kj	2953kj
Energy	135kcal	706kcal
Protein	9.7g	51.1g
Carbs	18g	95g
of which sugars	1.9g	9.8g
Fibre	2.4g	12.6g
Fat	2.9g	15g
of which saturated	0.3g	1.7g
Sodium	233mg	1225mg

Allergens: Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into 1cm thick fries</i>
10ml	20ml	NOMU Moroccan Rub
160g	320g	Free-range Ostrich Steak
1	2	Ciabattini Roll/s
50ml	100ml	Avocado Hummus
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Paper Towel

1. POTATO FRIES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat generously in oil, ½ the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. OSTRICH When the potato has 5-10 minutes to go, place a pan over 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 remaining NOMU rub. Remove from the pan, keeping the pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

3. BUN Halve the ciabattini roll/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. SOME PREP Loosen the avocado hummus with a splash of water.

5. O-YUM OSTRICH BUN Smear the hummus on the bottom of the roll/s, top with the green leaves, the ostrich, and the pan juices. Close the roll/s and serve alongside the potato fries. Enjoy, Chef!