



UCOOK

Seared Ostrich & Hummus Tabbouleh

with dukkah-crusted butternut, millet & a tangy pickle

This deconstructed tabbouleh features a whirl of inviting flavours: a lean, juicy cut of ostrich, butternut roasted in nutty dukkah, quick pickled tomato and cucumber, and fragrant millet — all soaked in a thick hummus and parsley dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Cavalli Estate | Colt

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Ingredients & Prep

250g	Butternut <i>peeled (optional) & cut into bite-sized chunks</i>
10ml	White Wine Vinegar
80g	Baby Tomatoes <i>halved</i>
50g	Cucumber <i>roughly diced</i>
75ml	Millet
5ml	Vegetable Stock
20ml	Dukkah
10g	Pumpkin & Sunflower Seed Mix
50ml	Hummus
2g	Parsley <i>rinsed, picked & finely chopped</i>
160g	Free-range Ostrich Steak

From Your Kitchen

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

1. AND OFF WE GO... Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season and spread out. Roast in the oven for 30-35 minutes. Place the vinegar in a salad bowl with 40ml of warm water, and whisk in 1 tsp of a sweetener of choice until dissolved. Add in the halved baby tomatoes and diced cucumber, toss to coat, and set aside to pickle.

2. COOK THE MILLET Place a pot over a medium heat. When hot, add the millet and cook for 1-3 minutes until slightly toasted, shifting occasionally. Pour in 150ml of salted water, stir through the stock, and cover. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm.

3. HALF TIME When the butternut reaches the halfway mark, remove from the oven and give it a shift. Sprinkle over the dukkah and return to the oven for the remaining roasting time until cooked through and crisping up.

4. CRUNCHY SEEDS & SMOOTH DRESSING Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Combine the hummus with $\frac{3}{4}$ of the chopped parsley. Loosen with water in 5ml increments until drizzling consistency. Season to taste.

5. YOU'RE ALMOST THERE Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 8-9 minutes, shifting and turning as it colours until browned all over and cooked to preference. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices. Drain the liquid from the pickle – reserve for drizzling over your meal.

6. DINNER TIME Make a bed of fluffy millet, top with dukkah butternut, pickled cucumber and tomato, and finish with the ostrich slices. Drizzle over the hummus dressing, scatter over the toasted seeds, and garnish with the remaining chopped parsley.



Chef's Tip

The time frame recommended for the seared ostrich will yield a medium-rare result.

Nutritional Information

Per 100g

Energy	484kJ
Energy	116Kcal
Protein	7.6g
Carbs	13g
of which sugars	1.5g
Fibre	2.5g
Fat	3.2g
of which saturated	0.6g
Sodium	154mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within
4 Days