

# UCOOK

## Oh-So-Tasty Ostrich Kebabs

with an apple & blue cheese salad

Vibrant ostrich goulash kebabs are studded with bright red tomato, bell pepper and onion! Served alongside a divine apple & blue cheese salad and scattered with pecan nuts for crunch, your tastebuds will sing at first bite!

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**Hands-On Time:** 15 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Hannah Duxbury

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 Carb Conscious

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 Boschendal | Stellenbosch Cabernet Sauvignon

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## Ingredients & Prep

|      |                                                                               |
|------|-------------------------------------------------------------------------------|
| 2    | Wooden Skewers                                                                |
| 10g  | Pecan Nuts                                                                    |
| 1    | Onion<br><i>½ peeled &amp; cut into wedges</i>                                |
| 1    | Red Bell Pepper<br><i>½ rinsed, deseeded &amp; cut into bite-sized pieces</i> |
| 1    | Tomato<br><i>½ cut into wedges</i>                                            |
| 150g | Free-range Ostrich Goulash                                                    |
| 1    | Apple<br><i>½ rinsed &amp; roughly diced</i>                                  |
| 20g  | Green Leaves<br><i>rinsed &amp; gently shredded</i>                           |
| 10ml | Pesto Princess Basil Pesto                                                    |
| 5ml  | NOMU Moroccan Rub                                                             |
| 25g  | Blue Cheese                                                                   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. SOAK & TOAST** Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning when over the heat). Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

**2. SET UP THE SKEWERS** Separate the layers of the onion wedges into petals and place in a bowl. Add the pepper chunks, the tomato wedges, a drizzle of oil, and seasoning. Toss until fully coated in the oil. Thread 2-3 ostrich chunks, 2-3 onion petals, 2-3 pepper chunks, and a tomato wedge onto a skewer, making sure they are secure. Repeat in the same order, filling up each skewer until both the skewers are full. Set aside.

**3. LUSH SALAD** In a salad bowl, combine the diced apple, the shredded green leaves, and the chopped pecans. Loosen the pesto with oil in 5ml increments until drizzling consistency.

**4. OSTRICH KEBABS** Return the pan to a medium-high heat with a drizzle of oil (see Chef's Tip for braai option!). When hot, add the ostrich skewers and fry for 5-7 minutes - this time may vary depending on the thickness of your veggies and ostrich. Turn the skewers as they colour. On completion, the veggies should be starting to char. In the final minute, baste the skewers with a knob of butter or a drizzle of oil, and the rub. Remove from the pan and season to taste.

**5. PLATE IT UP** Plate up the colourful ostrich skewers and drizzle over the pesto. Serve the apple salad on the side crumbled with the blue cheese. Dig in, Chef!



## Chef's Tip

These kebabs can be grilled over hot coals instead of roasted in the oven. So, if you have the time and enjoy a braai, plan ahead for this meal and get one going!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 397kJ  |
| Energy             | 95Kcal |
| Protein            | 5g     |
| Carbs              | 8g     |
| of which sugars    | 2.7g   |
| Fibre              | 2.1g   |
| Fat                | 4g     |
| of which saturated | 1.5g   |
| Sodium             | 167mg  |

## Allergens

Allium, Alcohol

Cook  
within  
4 Days