



UCCOOK

Millet Ostrich Bowl

with butternut, Danish-style feta & pumpkin seeds

Tender ostrich strips are seared to perfection and paired with millet, roasted butternut and Danish-style feta. Toasted pumpkin seeds add a delicious crunch, while a tangy mustard dressing ties it all together. It's a hearty & wholesome meal that's perfect for a cosy evening in.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

Simple & Save

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc 2023

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Ingredients & Prep

250g	Butternut <i>rinse, peel (optional) & cut into bite-sized pieces</i>
100ml	Millet
20ml	Mustard Dressing <i>(5ml Dijon Mustard & 15ml Lemon Juice)</i>
5g	Pumpkin Seeds
150g	Ostrich Strips
5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinse & roughly shred</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. BUTTERNUT FORGET THE ROAST Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MILLET BASE Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 200ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

3. MUST-HAVE MUSTARD DRESSING In a small bowl, combine the mustard dressing with a drizzle of olive oil, a sweetener (to taste), and seasoning. Set aside.

4. PUMP THE SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. I'LL FRY IF I WANT TO Return the pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and season.

6. GET BOWLED OVER Bowl up the cooked millet. Top with the shredded leaves, the golden butternut, and the seared ostrich. Crumble over the drained feta. Drizzle over the dressing, and scatter over the toasted pumpkin seeds. Finish it off with a crack of black pepper. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	651kJ
Energy	156kcal
Protein	9g
Carbs	18g
of which sugars	1.3g
Fibre	3g
Fat	4.7g
of which saturated	1.4g
Sodium	88mg

Allergens

Sulphites, Cow's Milk

Eat
Within
4 Days