

Eat Within 4 Days

QCOOK

Millet Ostrich Bowl

with butternut, Danish-style feta & pumpkin seeds

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	442kJ	2038kJ
Energy	106kcal	488kcal
Protein	8.5g	39g
Carbs	6g	30g
of which sugars	1.4g	6.7g
Fibre	1.3g	5.8g
Fat	4.3g	19.9g
of which saturated	1.5g	7g
Sodium	70mg	322mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut *rinse, peel (optional) & cut into bite-sized pieces*
100ml	200ml	Millet
10ml	20ml	Chicken Stock
5g	10g	Pumpkin Seeds
20ml	40ml	Mustard Dressing *(5ml [10ml] Dijon Mustard & 15ml [30ml] Lemon Juice)*
150g	300g	Free-range Ostrich Chunks
5ml	10ml	NOMU One For All Rub
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Danish-style Feta *drain*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. BUTTERNUT FORGET THE ROAST Preheat the oven to 200°C, and boil the kettle. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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 [400ml] of salted water, the stock, 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. 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.

4. MUST-HAVE MUSTARD DRESSING In a small bowl, combine the mustard dressing with a drizzle of olive oil and a sweetener (to taste). When the millet is finished cooking, toss the dressing through the millet and season.

5. I'LL FRY IF I WANT TO Return the pan to 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 (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan. Season and set aside.

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