



U C O O K

— COOKING MADE EASY

OSTRICH SOUL BOWL

with roast butternut & red pepper pesto

A feel-good jumble of ostrich pan-fried with fresh oregano, whole wheat couscous, roast butternut, creamy feta, and warm red pepper pesto dressing. Guaranteed to give you the warm and fuzzies.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Tami Schrire

 **Easy Peasy**

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Ingredients & Prep

800g	Butternut Chunks cut into bite-size pieces
40g	Sunflower Seeds
120ml	Pesto Princess Red Pepper Pesto
400ml	Wholewheat Couscous
20ml	Vegetable Stock
200g	Fresh Spinach rinsed & shredded
600g	Ostrich Goulash
10g	Fresh Origanum rinsed, picked & roughly chopped
160g	Danish Feta drained

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. SWEET ROAST BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp, shifting halfway.

3. SEEDS & DRESSING Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. In a bowl, combine the red pepper pesto with 1 tbsp of olive oil. Add warm water in 5ml increments until drizzling consistency.

4. COSY COUSCOUS When the butternut is halfway, boil the kettle. Using a shallow bowl, submerge the couscous and vegetable stock in 500ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 7-10 minutes. Once cooked, fluff up with the fork.

5. SAUTÉ THE SPINACH Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 3-5 minutes until wilted. You may need to do this step in batches. On completion, stir it through the cooked couscous.

6. OSTRICH & OREGANO Return the pan to a high heat with another drizzle of oil. When hot, brown the ostrich goulash for 2-4 minutes, shifting occasionally. You may need to do this step in batches. Add the chopped oregano and cook for a further 1-2 minutes until the ostrich is cooked through and crispy. Remove from the pan on completion and season.

7. SOUL-WARMING BOWLS Dish up the crispy ostrich goulash alongside some spinachy couscous and roast butternut. Drizzle with the red pesto dressing, crumble over the drained feta, and garnish with the sunflower seeds. Look at you go, Chef!



Chef's Tip

Butternut has high levels of vitamin C, Vitamin E and Beta-carotene, all antioxidants that prevent or slow cell damage and reduce inflammation.

Nutritional Information

Per 100g

Energy	615kj
Energy	147Kcal
Protein	10g
Carbs	14g
of which sugars	2g
Fibre	2g
Fat	4g
of which saturated	2g
Salt	1g

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days