



# UCCOOK

## Char-grilled Tahini Ostrich Skewers

with peanuts & a green bean salad

Ostrich pieces are doused in a silky tahini & coconut milk marinade. These tender pieces of meat are then threaded onto a skewer and fried to golden perfection. Served with an artichoke, Danish feta & charred green bean salad, all garnished with toasted peanuts for crunch. Sounds kebab-solutely amazing!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Paserene | The Shiner Red Blend

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## Ingredients & Prep

|       |                                                                                                     |
|-------|-----------------------------------------------------------------------------------------------------|
| 450g  | Free-range Ostrich Chunks                                                                           |
| 375ml | Tahini Marinade<br><i>(30ml Tahini, 300ml Coconut Milk, 30ml Lemon Juice &amp; 15ml Sesame Oil)</i> |
| 15g   | Peanuts<br><i>roughly chopped</i>                                                                   |
| 9     | Wooden Skewers                                                                                      |
| 2     | Onions<br><i>1½ peeled &amp; cut into wedges</i>                                                    |
| 300g  | Green Beans<br><i>rinsed, trimmed &amp; halved</i>                                                  |
| 60g   | Salad Leaves<br><i>rinsed &amp; roughly shredded</i>                                                |
| 150g  | Artichoke Hearts<br><i>drained &amp; cut into bite-sized pieces</i>                                 |
| 150g  | Cucumber<br><i>roughly diced</i>                                                                    |
| 90g   | Danish-style Feta<br><i>drained</i>                                                                 |

## From Your Kitchen

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

**1. MARINATION STATION** Pat the ostrich chunks dry with paper towel. Place the Tahini marinade into a bowl with 15ml of sweetener and seasoning. Toss the ostrich chunks though the marinade and set aside.

**2. GOLDEN PEANUTS** Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. THREAD THE SKEWERS** Separate the onion wedges into petals. Thread 1 marinated piece of ostrich and 1 onion petal on to a skewer, making sure they are secure. Repeat in the same order, filling up each skewer, until all the skewers are full. Reserve any leftover marinade.

**4. CHARRED VEG** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans and any remaining onion petals until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, place in a salad bowl, and season.

**5. FRY THE KEBABS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the ostrich skewers until charred and cooked through, 3-4 minutes. In the final 1-2 minutes, baste the skewers with the reserved marinade. Remove from the pan, reserving any pan juices.

**6. SCRUMPTIOUS SALAD** To the bowl of onion and green beans, toss through the shredded salad leaves, the artichoke pieces, the diced cucumber, ½ the toasted nuts, the drained feta, a drizzle of olive oil, the reserved pan juices, and seasoning. Set aside.

**7. GET MUNCHING!** Serve up the ostrich skewers. Place the charred green bean & artichoke salad alongside and scatter over the remaining peanuts. Good one, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 445kJ   |
| Energy             | 106kcal |
| Protein            | 7.2g    |
| Carbs              | 5g      |
| of which sugars    | 2.1g    |
| Fibre              | 1.4g    |
| Fat                | 6.5g    |
| of which saturated | 3.4g    |
| Sodium             | 95mg    |

## Allergens

Dairy, Allium, Sesame, Peanuts, Sulphites

Cook  
within 3  
Days