

Eat Within 4 Days

UCOOK

Ostrich & Couscous Medley

with creamy hummus & golden sultanas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	627kJ	3160kJ
Energy	150kcal	756kcal
Protein	9.8g	49.3g
Carbs	14g	72g
of which sugars	3.7g	18.9g
Fibre	2.7g	13.8g
Fat	5g	25.4g
of which saturated	1g	5.2g
Sodium	198mg	999mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Couscous
30g	40g	Almonds *roughly chop*
450g	600g	Free-range Ostrich Chunks
30ml	40ml	NOMU Moroccan Rub
150g	200g	Peas
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
30g	40g	Golden Sultanas
90g	120g	Pitted Kalamata Olives *drain & cut in half*
180ml	250ml	Creamy Hummus *(90ml [125ml] Red Pepper Hummus & 90ml [125ml] Low Fat Plain Yoghurt)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 225ml [300ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan. Season and set aside.

4. JUST BEFORE SERVING In a bowl with the couscous, add the peas, the tomato, the sultanas, the olives, and seasoning.

5. DINNER IS READY Make a bed of the loaded couscous, top with the ostrich chunks and all the pan juices. Sprinkle over the nuts and finish with dollops of creamy hummus. Well done, Chef!