



UCOOK

Hummus & Ostrich Bowl

with herby tomato, Danish-style feta & pumpkin seeds

This quick & easy Mediterranean-style hummus bowl really is one for the books! It uses wholewheat couscous as a base and is topped with tender pieces of fried ostrich. We've added creamy hummus, feta cheese, fresh tomato, crunchy cucumber, and a sprinkling of pumpkin seeds. A guaranteed winner!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Couscous
1	Tomato <i>rinse & roughly dice</i>
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>
5g	Pumpkin Seeds
150g	Ostrich Strips
5ml	NOMU Moroccan Rub
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Danish-style Feta <i>drain & crumble</i>
30ml	Hummus

From Your Kitchen

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

1. COOK THE COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml 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. HERBY TOMATOES In a small bowl, combine the diced tomato, ½ the chopped oregano (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. GOLDEN 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. FRY THE STRIPS Return the pan to 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 minute, baste with the NOMU rub and a knob of butter. Remove from the pan and season.

5. BOWL IT UP Plate up the couscous. Serve with the seared ostrich strips, the cucumber half-moons, the herby tomato, the drained feta, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Great work, Chef!

Nutritional Information

Per 100g

Energy	698kJ
Energy	167kcal
Protein	11.6g
Carbs	16g
of which sugars	1.9g
Fibre	2.3g
Fat	5.3g
of which saturated	1.8g
Sodium	170mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Cow's Milk

Cook
within
4 Days