

QCOOK

Moroccan Ostrich Fillet Bowl

with roasted butternut & a harissa yoghurt

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	379kJ	2033kJ
Energy	91kcal	486kcal
Protein	7.4g	39.5g
Carbs	7g	39g
of which sugars	3g	14g
Fibre	2g	10g
Fat	2.8g	15.1g
of which saturated	0.8g	4.2g
Sodium	114mg	611mg

Allergens: Sulphites, Peanuts, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	Moroccan Spice Mix <i>(2,5ml [5ml] Ground Cumin, 2,5ml [5ml] Smoked Paprika & 5ml [10ml] Old Stone Mill Dukkah Spice)</i>
5g	10g	Pumpkin Seeds
40g	80g	Kale <i>rinse & roughly shred</i>
20ml	40ml	Pesto Princess Harissa Paste
40ml	80ml	ButtaNutt Coconut Yoghurt
150g	300g	Free-range Ostrich Fillet
10g	20g	Pitted Green Olives <i>drain & roughly slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. DELISH DUKKAH VEG Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat in cooking spray or a drizzle of oil (optional), ½ the Moroccan spice mix, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PUMPKIN 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.

3. CRISPY KALE Place the kale in a bowl and lightly add cooking spray or a drizzle of oil (optional) and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. HARISSA YOGHURT In a small bowl, combine the harissa paste and the coconut yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

5. SPICY, SEARED STEAK Return the pan over medium-high heat and lightly add cooking spray or add a drizzle of oil to the pan (optional). Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final minute, baste with the remaining Moroccan spice mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. MMMOROCCAN MEAL Bowl up the roasted veg and the olives. Top with the ostrich, drizzle over the harissa yoghurt, and sprinkle over the pumpkin seeds. Indulge, Chef!