



# UCOOK

## Mixed Olive Salsa & Ostrich Fillet

with tomatoes, Danish-style feta & chilli flakes

Beautifully browned ostrich fillet is doused in a mixed olive relish loaded with olives, lemon juice, and chilli flakes. Sided with a couscous salad laced with tomatoes & Danish-style feta – simple, but definitely not lacking in flavour!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Creation Wines | Creation Syrah Grenache 2020

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## Ingredients & Prep

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150ml	Couscous
240g	Carrot <i>rinsed, trimmed, peeled &amp; cut into rounds</i>
80g	Mixed Olives <i>(40g Pitted Kalamata Olives &amp; 40g Pitted Green Olives)</i>
20ml	Lemon Juice
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	Dried Chilli Flakes
80ml	Low Fat Plain Yoghurt
300g	Free-range Ostrich Fillet
2	Tomatoes <i>rinsed &amp; roughly diced</i>
40g	Green Leaves <i>rinsed</i>
50g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. IT'S GETTING STEAMY** Boil the kettle. Place the couscous in a bowl with 150ml 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. CAN YOU DO CARROT-E?** Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the carrot rounds until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in 200ml of boiling water, cover, and simmer until soft, 4-5 minutes. Remove from the pan.

**3. RELISH THE MOMENT** Rinse and roughly chop the mixed olives. Place in a bowl with 1/2 the lemon juice, the grated garlic, the chilli flakes (to taste), 20ml of olive oil, and seasoning. Set aside. In a separate bowl, season the yoghurt and set aside.

**4. SIZZLING STEAK** Return the pan to medium-high heat with a drizzle of oil. 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 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**5. ALL TOGETHER NOW** When the couscous is cooked, add the diced tomatoes, the softened carrots, the rinsed green leaves, a drizzle of oil, the remaining lemon juice, and seasoning. Crumble in the drained feta and toss until combined.

**6. EASY & YUM!** Plate up the ostrich slices and spoon over the olive salsa. Side with the loaded couscous salad and top with dollops of yoghurt. Amazing, Chef!

## Nutritional Information

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Per 100g

Energy	482kj
Energy	115kcal
Protein	9.1g
Carbs	11g
of which sugars	2.5g
Fibre	2.1g
Fat	3.4g
of which saturated	1.3g
Sodium	165mg

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## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days