



UCOOK

Ostrich & Orzo Pasta Salad

with baby tomatoes, pickled red onion & fresh dill

Perfect for a picnic or summer dinner. Orzo pasta salad is loaded with slivers of pickled red onions & peppers, juicy baby tomatoes, fresh dill and brightened with a tangy apple cider & honey vinaigrette. Topped with tender slices of ostrich fillet and dollops of creamy sour cream. It's a yes from us.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 Fan Faves

 Waterford Estate | Waterford MCC

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Ingredients & Prep

300ml	Orzo Pasta
22,5ml	NOMU Provençal Rub
90ml	Dressing <i>(60ml Apple Cider Vinegar & 30ml Honey)</i>
1	Red Onion <i>¾ peeled & thinly sliced</i>
450g	Free-range Ostrich Fillet
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
300g	Baby Tomatoes <i>halved</i>
60g	Green Leaves <i>rinsed</i>
12g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
90ml	Sour Cream

From Your Kitchen

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

1. ORZO DELICIOUS Boil the kettle. Fill a pot for the orzo with 600ml of boiling water and add a pinch of salt. Once boiling, cook the orzo for 7-10 minutes until al dente. Remove from the heat, drain if necessary, and toss through ½ the rub and a drizzle of oil.

2. QUICK PICKLE In a small bowl, combine the dressing, the sliced onion, and seasoning. Set aside to pickle.

3. SIZZLING STEAK Place a pan over medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 3-4 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter (optional) and the remaining rub to baste the steak. Remove from the pan and rest for 5 minutes before thinly slicing. Lightly season.

4. KEEP IT FRESH Drain the pickled onions and reserve the pickling liquid. In a salad bowl, combine the cooked orzo, the chopped pickled peppers, the halved baby tomatoes, the rinsed leaves, ½ the chopped dill, and the pickled onions (to taste). Drizzle over the reserved pickling liquid, a drizzle of olive oil, and seasoning.

5. PLATE UP! Plate up the orzo salad. Top with the ostrich slices. Dollop over the sour cream and garnish with the remaining dill. All yours, Chef!

Nutritional Information

Per 100g

Energy	575kJ
Energy	137kcal
Protein	8.8g
Carbs	19g
of which sugars	4.6g
Fibre	1.5g
Fat	2.6g
of which saturated	0.9g
Sodium	119mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days