



# UCOOK

## Ostrich Protein Bowl

with a **Pesto Princess** pesto yoghurt drizzle

Quick to make and packed with all the good stuff! Ostrich mince and black beans on a bed of quinoa, with salsa and coriander pesto-yoghurt.

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**Hands-On Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Deon Huysamer

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♥ Health Nut

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🍷 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

100ml	White Quinoa
10ml	Vegetable Stock
80g	Baby Tomatoes <i>roughly sliced</i>
1	Spring Onion <i>finely sliced</i>
10ml	Red Wine Vinegar
65ml	Pesto Yoghurt <i>(15ml Pesto Princess Coriander &amp; Chilli Pesto &amp; 50ml Coconut Yoghurt)</i>
1	Onion <i>½ peeled &amp; finely diced</i>
10ml	NOMU Mexican Spice Blend
150g	Free-range Ostrich Mince
60g	Black Beans <i>drained &amp; rinsed</i>
40g	Corn

## From Your Kitchen

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

**1. FLUFFY QUINOA** Rinse the quinoa, and place it in a pot. Submerge it with 200ml of water, and ½ of the vegetable stock. Bring to a simmer for 13-18 minutes until the quinoa is cooked and the tails have popped out. Add more water if required, and drain on completion if necessary. Return to the pot, cover with a lid and let it stand for 5 minutes. Season to taste.

**2. SOME PREP** Boil the kettle. In a bowl, combine the baby tomatoes, ½ the spring onion and red wine vinegar, and season to taste. Dilute the remaining vegetable stock with 30ml of boiling water. Loosen the pesto-yoghurt with water in 5ml increments until drizzling consistency.

**3. FRY THE MINCE** Place a pan (large enough for the mince and beans) over a medium heat with some oil. When hot, fry the onion for 1-2 minutes, stirring occasionally, until translucent. Add the Mexican Rub (to taste) and fry for a further 30-60 seconds until fragrant. Turn up the heat and add the mince, working quickly to break it up. Cook for 5-6 minutes, stirring occasionally until cooked. In the final 2-3 minutes, add the diluted stock, black beans and corn, mixing well to combine. Season to taste.

**4. PLATE UP** Plate up some fluffy quinoa. Top with the protein-packed ostrich mince, the simple salsa, the remaining spring onion slices and drizzle over the pesto-yoghurt. Well done, Chef!



## Chef's Tip

Grains like rice, quinoa and barley should be rinsed thoroughly with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

## Nutritional Information

Per 100g

Energy	603kj
Energy	144Kcal
Protein	8.2g
Carbs	16g
of which sugars	2.5g
Fibre	2.3g
Fat	4.9g
of which saturated	1.1g
Sodium	328mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days