



UCCOOK

Pesto Couscous Salad & Ostrich

with tomatoes, cucumber & **NOMU Moroccan Rub**


Dinner is sorted! Couscous is loaded with juicy cucumber, fragrant fried onion, and diced tomatoes, then topped with Moroccan-flavoured ostrich chunks. A generous dollop of pesto yoghurt completes this lip-smacking meal.


Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

75ml	Couscous
1	Onion
50g	Cucumber
1	Tomato
30ml	Low Fat Plain Yoghurt
15ml	Pesto Princess Basil Pesto
10ml	NOMU Moroccan Rub
150g	Ostrich Chunks

From Your Kitchen

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

1. FLUFFY COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml 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. FOR THE FRESHNESS Peel and slice ½ the onion. Rinse and cut the cucumber into matchsticks. Rinse and roughly dice the tomato. In a small bowl, combine the yoghurt and the pesto. Season and set aside.

3. SOFT, SILKY ONION Place a pan over medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry until soft, 4-5 minutes (shifting occasionally). In the final minute, add ½ the NOMU rub. Remove from the pan and set aside.

4. NOW FOR THE PROTEIN Return the pan to high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes per side. In the final minute, baste with the remaining rub.

5. COMBINE, THEN DINE! In a bowl, combine the cooked couscous, the cucumber matchsticks, the fried onion, the diced tomato, ¾ of the pesto yoghurt, and seasoning.

6. O-YUM OSTRICH Make a bed of the loaded couscous and top with the ostrich chunks. Dollop over the remaining pesto yoghurt. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	9.5g
Carbs	12g
of which sugars	2.7g
Fibre	1.7g
Fat	3g
of which saturated	0.7g
Sodium	141mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within
4 Days