



# UCOOK

## Ostrich & Couscous Medley

with creamy hummus & golden sultanas

New year, new flavours to try, Chef! On a bed of loaded couscous, dotted with tangy tomato chunks, cooling cucumber, sweet golden sultanas, & fresh parsley comes seared ostrich, spiced with NOMU Moroccan Rub. Garnished with toasted almonds and generous dollops of red pepper hummus.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Jemimah Smith

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage

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## Ingredients & Prep

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150ml	Couscous
20g	Almonds <i>roughly chop</i>
300g	Ostrich Chunks
20ml	NOMU Moroccan Rub
100g	Cucumber <i>rinse &amp; roughly dice</i>
1	Tomato <i>rinse &amp; roughly dice</i>
20g	Golden Sultanas
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
120ml	Creamy Hummus <i>(60ml Red Pepper Hummus &amp; 60ml Low Fat Plain Yoghurt)</i>

## From Your Kitchen

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

**1. COUSCOUS** 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. NUTS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and cut into small chunks. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan. Season and set aside.

**4. JUST BEFORE SERVING** In a bowl with the couscous, add the diced cucumber, the diced tomato, the sultanas, the chopped parsley, and seasoning.

**5. DINNER IS READY** Make a bed of the loaded couscous, top with the ostrich chunks and all the pan juices. Sprinkle over the toasted nuts and finish with dollops of creamy hummus. Well done, Chef!

## Nutritional Information

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Per 100g

Energy	601kJ
Energy	144kcal
Protein	9.8g
Carbs	14g
of which sugars	3.4g
Fibre	2.1g
Fat	4.6g
of which saturated	1g
Sodium	155mg

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## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days