



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes


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**Serves:** 2 People


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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

150ml	Couscous
1	Onion
100g	Cucumber
1	Tomato
60ml	Low Fat Plain Yoghurt
30ml	Pesto Princess Basil Pesto
20ml	NOMU Moroccan Rub
300g	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 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. FOR THE FRESHNESS** Peel and slice 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