

UCCOOK

Spicy Pumpkin & Ostrich Bowl

with roast pumpkin & cottage cheese

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Lauren Nel

Nutritional Info	Per 100g	Per Portion
Energy	297kJ	1912kJ
Energy	71kcal	457kcal
Protein	6.8g	43.5g
Carbs	5g	32g
of which sugars	2g	15g
Fibre	1g	9g
Fat	2.5g	16g
of which saturated	0.7g	4.8g
Sodium	112mg	719mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks
7.5ml	10ml	Dried Chilli Flakes
450g	600g	Free-range Ostrich Mince
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU Taco Mex Mix
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pickled Onions
150ml	200ml	Low Fat Cottage Cheese
120g	160g	Green Leaves <i>rinse</i>
15ml	20ml	Pumpkin Seeds

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

1. TURN UP THE HEAT Preheat the oven to 200°C. Spread out the pumpkin on a roasting tray. Lightly coat with cooking spray or oil (optional), seasoning, and chili flakes (to taste). Roast in the hot oven for 30-35 minutes until cooked through and crisping up. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). Remove from the oven and set aside.

2. HOMEMADE PATTIES In a bowl, combine the mince, garlic (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 6 [12] patties, of about 2cm thick. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the patties until browned, 2-3 minutes per side. Remove from the pan and set aside.

3. CREAMY SALAD In a small bowl, combine the cucumber, tomatoes, and pickled onion. Add the cottage cheese and toss it through the green leaves.

4. WHAT A GREAT PLATE In a bowl, add the pumpkin chunks, top with the mince patties, side with your fresh salad, and finish with pumpkin seeds. Enjoy, Chef.