



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.

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Jemimah Smith

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

75ml	Couscous
10g	Almonds <i>roughly chop</i>
150g	Ostrich Chunks
10ml	NOMU Moroccan Rub
50g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>
10g	Golden Sultanas
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
60ml	Creamy Hummus <i>(30ml Red Pepper Hummus & 30ml Low Fat Plain Yoghurt)</i>

From Your Kitchen

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

1. 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. 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

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

Allergens

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

Eat
Within
4 Days