

UCOOK

Cumin Ostrich & Sensational Socca

with a garlic yoghurt dressing & pickled red onions


Tender ostrich chunks grilled to perfection and served with a light and airy chickpea flour pancake. A creamy garlic dipping sauce sides and finishes off this tasty dish!

Hands-on Time: 50 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Ella Nasser

 Adventurous Foodie

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

500ml	Chickpea Flour
10ml	Baking Powder
15g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
2	Lemons <i>cut into wedges</i>
1	Red Onion <i>peeled & finely sliced</i>
600g	Free-range Ostrich Chunks
5ml	Ground Cumin
200ml	Low Fat Plain Yoghurt
40g	Pine Nuts
2	Garlic Cloves <i>peeled & grated</i>
800g	Baby Marrow <i>rinsed & sliced into discs</i>
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. START WITH SOCCA! In a bowl, add the chickpea flour, a pinch of salt, and the baking powder. Mix until fully combined. Slowly pour in 400ml of warm water and whisk until a thin, but not watery, consistency - you may not need all the water! Cover and leave to rest for at least 30 minutes. Once rested, mix in 4 tbsp of olive oil and the chopped oregano.

2. PICKLE & MARINADE In a bowl, add the juice from 4 lemon wedges, a sweetener of choice (to taste), and seasoning. Mix until the sweetener has fully dissolved. Add the sliced onion. Mix until fully coated and set aside to pickle. In a separate bowl, combine the ostrich chunks, the ground cumin, ½ the yoghurt, and seasoning. Set aside to marinate.

3. PINE NUTS & DRESSIN' Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Remove from the pan and place in a bowl. Add the remaining yoghurt, seasoning, and mix until fully combined.

4. FRY THE VEG & OSTRICH Return the pan to a medium-high heat with a drizzle of oil. When hot, add the baby marrow discs and fry for 3-5 minutes until charred, flipping halfway. On completion, remove from the pan, season, and cover to keep warm. Return the pan to a medium heat with a drizzle of oil. When hot, add the marinated ostrich and fry for 2-3 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the heat on completion and set aside to rest for 3 minutes.

5. FINAL STEP Return the pan to a medium heat with a drizzle of oil. When hot, pour in ⅓ of the socca batter. Tilt the pan in a circular motion so that the batter evenly coats the pan. Cook for 1-2 minutes until the bottom has browned. Flip and cook for a further 1-2 minutes. Remove from the pan. Repeat with the remaining batter to make 3 pancakes per portion.

6. YUM! Plate up the socca pancakes. Smear with ½ the garlicky yoghurt and top with the ostrich, the baby marrow, the pickled onions, and the rinsed green leaves. Loosen the remaining garlicky yoghurt with water in 5ml increments until a drizzling consistency and drizzle over the loaded pancakes. Sprinkle over the pine nuts.

Nutritional Information

Per 100g

Energy	437kJ
Energy	104kcal
Protein	9.4g
Carbs	11g
of which sugars	3.3g
Fibre	2.6g
Fat	2.6g
of which saturated	0.6g
Sodium	27mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within
4 Days