



# UCOOK

## Moroccan Ostrich & Olives

with quinoa & Danish-style feta

Mmmm, it's Moroccan night, Chef! Quinoa tossed with fresh green leaves form the base for butter-basted, NOMU Moroccan Rub-spiced ostrich pieces, joined by refreshing rounds of cucumber, creamy hummus, crunchy pumpkin seeds and a tangy baby tomato & mixed olive medley. Garnished with fresh oregano.

---

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

---

**Serves:** 2 People

---

**Chef:** Rhea Hsu

---

Quick & Easy

---

KWV - The Mentors | KWV The Mentors Petit Verdot 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

150ml	Quinoa <i>rinse</i>
40g	Green Leaves <i>rinse</i>
40g	Mixed Olives <i>(20g Pitted Kalamata Olives &amp; 20g Pitted Green Olives)</i>
60g	Danish-style Feta <i>drain</i>
160g	Baby Tomatoes <i>rinse &amp; halve</i>
5g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
300g	Free-range Ostrich Chunks
10ml	NOMU Moroccan Rub
200g	Cucumber <i>rinse &amp; cut into half-moons</i>
100ml	Hummus
20g	Pumpkin Seeds

## From Your Kitchen

---

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

**1. QUINOA** Place the rinsed quinoa in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes. Toss through the rinsed green leaves and set aside.

**2. PREP STEP** While the quinoa is simmering, drain and halve the mixed olives. Place into a bowl and toss with the drained feta, the halved tomatoes, ½ the chopped oregano, a drizzle of oil, and seasoning. Set aside.

**3. OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with the NOMU rub and a knob of butter (optional). Remove from the pan and season.

**4. EAT** Plate up the quinoa. Top with the seared ostrich chunks, the cucumber half-moons, the herby tomato & olive mix, and the hummus. Garnish with the pumpkin seeds and the remaining oregano. Enjoy, Chef!



## Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally).

## Nutritional Information

---

Per 100g

Energy	638kJ
Energy	153kcal
Protein	9.8g
Carbs	12g
of which sugars	1.2g
Fibre	2.2g
Fat	6.8g
of which saturated	2g
Sodium	231.4mg

---

## Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat  
Within  
4 Days