

UCCOOK

Mediterranean Ostrich Bowl

with baby tomato, beetroot & tzatziki

Hands-on Time: 35 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	291.8kJ	2072.5kJ
Energy	69.8kcal	495.8kcal
Protein	6.3g	44.6g
Carbs	8.8g	62.9g
of which sugars	3.7g	26.2g
Fibre	2.1g	14.7g
Fat	2g	14.4g
of which saturated	0.5g	3.6g
Sodium	94.9mg	674.3mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
240g	320g	Baby Tomatoes <i>rinse</i>
9	12	Baby Onions <i>peel & cut in half</i>
15ml	20ml	NOMU Roast Rub
450g	600g	Free-range Ostrich Strips
120ml	160ml	Tzatziki
8g	10g	Fresh Mint <i>rinse, pick & tear</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. ROAST Preheat the oven to 200°C. Spread the beetroot, tomatoes, and onions on a roasting tray. Lightly spray with cooking spray, coat with $\frac{3}{4}$ of NOMU rub, and season. Roast in the hot oven until cooked through and lightly golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. OSTRICH When the roast has 5-8 minutes remaining, place a pan over medium-high heat. Pat the ostrich dry with paper towel, coat with the remaining rub, and season. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and cut into bite-sized pieces.

3. DINNER IS READY Dish up the roast veg, top with the ostrich, and finish with dollops of tzatziki. Garnish with the mint and enjoy, Chef!