



# UCCOOK

## Millet Ostrich Bowl

**with butternut, Danish-style feta & pumpkin seeds**

Tender ostrich strips are seared to perfection and paired with millet, roasted butternut and Danish-style feta. Toasted pumpkin seeds add a delicious crunch, while a tangy mustard dressing ties it all together. It's a hearty & wholesome meal that's perfect for a cosy evening in.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Simple & Save

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Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc 2023

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## Ingredients & Prep

750g	Butternut <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
300ml	Millet
60ml	Mustard Dressing <i>(15ml Dijon Mustard &amp; 45ml Lemon Juice)</i>
15g	Pumpkin Seeds
450g	Ostrich Strips
15ml	NOMU Provençal Rub
60g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. BUTTERNUT FORGET THE ROAST** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. MILLET BASE** Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 600ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**3. MUST-HAVE MUSTARD DRESSING** In a small bowl, combine the mustard dressing with a drizzle of olive oil, a sweetener (to taste), and seasoning. Set aside.

**4. PUMP THE SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. I'LL FRY IF I WANT TO** Return the pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and season. (You may need to do this step in batches.)

**6. GET BOWLED OVER** Bowl up the cooked millet. Top with the shredded leaves, the golden butternut, and the seared ostrich. Crumble over the drained feta. Drizzle over the dressing, and scatter over the toasted pumpkin seeds. Finish it off with a crack of black pepper. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	651kJ
Energy	156kcal
Protein	9g
Carbs	18g
of which sugars	1.3g
Fibre	3g
Fat	4.7g
of which saturated	1.4g
Sodium	88mg

## Allergens

Sulphites, Cow's Milk

Eat  
Within  
4 Days