



UCCOOK

Mixed Olive Salsa & Ostrich Fillet

with tomatoes, Danish-style feta & chilli flakes

Beautifully browned ostrich fillet is doused in a mixed olive relish loaded with olives, lemon juice, and chilli flakes. Sided with a couscous salad laced with tomatoes & Danish-style feta – simple, but definitely not lacking in flavour!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Syrah Grenache 2020

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Ingredients & Prep

75ml	Couscous
120g	Carrot <i>rinsed, trimmed, peeled & cut into rounds</i>
40g	Mixed Olives <i>(20g Pitted Kalamata Olives & 20g Pitted Green Olives)</i>
10ml	Lemon Juice
1	Garlic Clove <i>peeled & grated</i>
5ml	Dried Chilli Flakes
40ml	Low Fat Plain Yoghurt
150g	Free-range Ostrich Fillet
1	Tomato <i>rinsed & roughly diced</i>
20g	Green Leaves <i>rinsed</i>
25g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. IT'S GETTING STEAMY 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. CAN YOU DO CARROT-E? Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the carrot rounds until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in 100ml of boiling water, cover, and simmer until soft, 4-5 minutes. Remove from the pan.

3. RELISH THE MOMENT Rinse and roughly chop the mixed olives. Place in a bowl with 1/2 the lemon juice, the grated garlic, the chilli flakes (to taste), 10ml of olive oil, and seasoning. Set aside. In a separate bowl, season the yoghurt and set aside.

4. SIZZLING STEAK Return the pan to 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 per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. ALL TOGETHER NOW When the couscous is cooked, add the diced tomatoes, the softened carrots, the rinsed green leaves, a drizzle of oil, the remaining lemon juice, and seasoning. Crumble in the drained feta and toss until combined.

6. EASY & YUM! Plate up the ostrich slices and spoon over the olive salsa. Side with the loaded couscous salad and top with dollops of yoghurt. Amazing, Chef!

Nutritional Information

Per 100g

Energy	482kj
Energy	115kcal
Protein	9.1g
Carbs	11g
of which sugars	2.5g
Fibre	2.1g
Fat	3.4g
of which saturated	1.3g
Sodium	165mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days