

UCCOOK

Orzo & Ostrich Pasta Salad

with bell pepper & Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	502kJ	3256kJ
Energy	120kcal	778kcal
Protein	7.7g	49.8g
Carbs	13g	87g
of which sugars	3.4g	22.2g
Fibre	1.5g	9.4g
Fat	3.7g	24.2g
of which saturated	1.4g	8.8g
Sodium	100.4mg	651mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Orzo Pasta
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
150g	300g	Free-range Ostrich Chunks
5ml	10ml	NOMU Italian Rub
80g	160g	Baby Tomatoes <i>rinse & halve</i>
20g	40g	Green Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	60ml	Dressing <i>(20ml [40ml] Red Wine Vinegar & 10ml [20ml] Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. **ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.

2. **OSTRICH** Pat the ostrich dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Add the ostrich and sear until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with the NOMU rub and a knob of butter. Remove and place into the bowl with the peppers. Season and set aside.

3. **SALAD** In a salad bowl, combine the cooked orzo, the peppers and ostrich, the baby tomatoes, the leaves, the feta, and ½ the parsley. Drizzle over the dressing, a drizzle of olive oil, and seasoning.

4. **YUM!** Plate up the orzo salad. Garnish with the remaining parsley. All yours, Chef!