

UCCOOK

Homemade Ostrich Meatballs

with basmati rice & sun-dried tomatoes

Hands-on Time: 40 minutes

Overall Time: 45 minutes

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

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	419kj	2081kj
Energy	100.4kcal	498kcal
Protein	8.3g	41.4g
Carbs	10g	49.6g
of which sugars	2.4g	12g
Fibre	1.4g	6.9g
Fat	3.6g	17.8g
of which saturated	0.9g	4.3g
Sodium	113.5mg	563.3mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120ml	160ml	White Basmati Rice <i>rinse</i>
450g	600g	Free-range Ostrich Mince
2	2	Onions <i>peel & finely dice 1½ [2]</i>
15ml	20ml	NOMU Cajun Rub
300g	400g	Cucumber <i>rinse & finely dice</i>
90ml	120ml	Lemon Juice
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
150g	200g	Kale <i>rinse & finely shred</i>
90ml	120ml	Low Fat Cottage Cheese

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water

1. **NICE RICE** Place the rice in a pot with 300ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Drain if necessary, fluff with a fork and cover.

2. **MMMEATBALLS** In a bowl, combine the ostrich mince, the onion (to taste) and the NOMU rub. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. **QUICK PICKLE** Place the remaining onion (to taste) into a bowl along with the cucumber, ½ the lemon juice (to taste), a splash of water and seasoning.

4. **ADD SOME COLOUR** Place a pan over medium-high heat. When hot, add the sun-dried tomatoes and fry until heated through, 2-3 minutes (shifting occasionally), Add the kale and fry until wilted and combined, 3-4 minutes (shifting occasionally). Season, remove and mix through the rice. Cover and set aside.

5. **ZESTY & CREAMY** In a small bowl, combine the remaining lemon juice (to taste) with the cottage cheese and seasoning. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

6. **MAKE THE MEATBALLS** Return the pan to medium heat. When hot, add the meatballs and lightly coat in cooking spray. Fry until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.

7. **SET THE TABLE** Plate up the loaded rice and top with the golden meatballs. Top with the pickled veg, and drizzle with the lemon cottage cheese.