



# UCCOOK

## Ostrich Fillet & Pesto Orzo Salad

with caramelised onion & crispy chickpeas

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Merlot

### Nutritional Info

|                    | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 563.1kJ   | 3632.3kJ    |
| Energy             | 134.7kcal | 869.1kcal   |
| Protein            | 8.8g      | 56.6g       |
| Carbs              | 11.7g     | 75.3g       |
| of which sugars    | 2.5g      | 16g         |
| Fibre              | 2.2g      | 13.9g       |
| Fat                | 5g        | 32.5g       |
| of which saturated | 1.3g      | 8.3g        |
| Sodium             | 125.3mg   | 808.3mg     |

**Allergens:** Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 360g     | 480g       | Chickpeas<br><i>rinse &amp; drain</i>                |
| 150ml    | 200ml      | Orzo Pasta   |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>     |
| 450g     | 600g       | Free-range Ostrich Fillet                            |
| 15ml     | 20ml       | NOMU Roast Rub                                       |
| 2        | 2          | Tomatoes<br><i>peel &amp; roughly dice 1½ [2]</i>    |
| 120ml    | 160ml      | Pesto Princess Basil Pesto                           |
| 30ml     | 40ml       | Lemon Juice  |
| 60g      | 80g        | Danish-style Feta<br><i>drain &amp; crumble</i>      |
| 8g       | 10g        | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. 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.

**3. SWEET ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until soft and lightly golden, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add a sweetener (to taste). Remove from the pan.

**4. OSTRICH** Return the pan, wiped down, 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**5. ALL TOGETHER** In a bowl, combine the orzo, chickpeas, onions, tomatoes, basil pesto, lemon juice, and a generous drizzle of olive oil.

**6. DINNER IS READY** Bowl up the pesto orzo salad, top with the ostrich slices, sprinkle over the feta, and garnish with the basil. Cheers, Chef!