



# UCCOOK

## Oh-So-Tasty Ostrich Kebabs

with roasted beetroot & corn on the cob

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 299kJ    | 2670kJ      |
| Energy             | 72kcal   | 639kcal     |
| Protein            | 4.8g     | 42.4g       |
| Carbs              | 7g       | 60g         |
| of which sugars    | 2.3g     | 20.7g       |
| Fibre              | 1.7g     | 14.8g       |
| Fat                | 2.7g     | 24.5g       |
| of which saturated | 0.6g     | 5.4g        |
| Sodium             | 122mg    | 1090mg      |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                           |
|----------|------------|-------------------------------------------------------------------------------------------|
| 15ml     | 30ml       | NOMU Rub Mix<br><i>(10ml [20ml] NOMU Roast Rub &amp; 5ml [10ml] NOMU One For All Rub)</i> |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into bite-sized pieces</i>                               |
| 4        | 8          | Wooden Skewers                                                                            |
| 20ml     | 40ml       | Pesto Princess Basil Pesto                                                                |
| 1        | 2          | Corn On The Cob<br><i>remove silks &amp; cut into thirds</i>                              |
| 150g     | 300g       | Free-range Ostrich Chunks                                                                 |
| 200g     | 400g       | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>          |
| 1        | 1          | Bell Pepper<br><i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>                |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. ROAST** Preheat the oven to 200°C. In a bowl, combine the beetroot with oil, and season. In a separate bowl, combine the corn with oil and season. Place the beetroot on the half side of the roasting tray and add the corn to the other side of the tray. Roast in the hot oven until cooked through, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. SOME PREP** Pat the ostrich dry with paper towel and cut into small bite-sized chunks. In a bowl, coat the pepper, the onion, and the ostrich in the oil, the NOMU rub mix, and seasoning. Thread the pepper, the ostrich, and the onion onto the skewer, rotating the ingredients in that order. Repeat until all the skewers are filled and make sure all the ostrich is threaded on the skewers. If you have any leftover onion and pepper, scatter them over the roast in the final 5-8 minutes.

**3. CHARRING MOMENT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the skewers until lightly charred and cooked through, 3-4 minutes, turning as they colour.

**4. PRESTO PESTO** Loosen the pesto with 15ml [30ml] of olive oil.

**5. DINNER IS READY** Dish up the roast, top with the skewers, and drizzle the pesto over the skewers. Dig in, Chef!