



UCOOK

Mediterranean Ostrich & Orzo Salad

with kalamata olives & pumpkin seeds

Ready to make a mmmouthwatering Mediterranean meal, Chef? Orzo is loaded with tangy tomato, cooling cucumber, briny olives, & oregano, then topped with butter-basted slices of browned ostrich. Finished with crunchy pumpkin seeds and dollops of parsley yoghurt.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Suné van Zyl

Quick & Easy

Strandveld | Grenache

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Ingredients & Prep

200ml	Orzo Pasta
300g	Free-range Ostrich Fillet
50g	Pitted Kalamata Olives <i>drain & cut in half</i>
2	Tomatoes <i>rinse & roughly dice</i>
200g	Cucumber <i>rinse & cut into half-moons</i>
5ml	Dried Oregano
20ml	Red Wine Vinegar
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
100ml	Low Fat Plain Yoghurt
20g	Pumpkin Seeds

From Your Kitchen

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

1. ON TO THE ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the fillet dry with paper towel. When hot, sear the fillet until browned all over, 6-8 minutes (shifting as it colours). In the final minute, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. FOR THE FLAVOUR In a bowl, combine the cooked orzo, the halved olives, the diced tomato, the cucumber half-moons, the oregano, a drizzle of olive oil, and seasoning. In another bowl, add the vinegar (to taste), ½ the chopped parsley and the yoghurt. Loosen with water until drizzling consistency, and season.

4. BRING IT TOGETHER Bowl up the orzo salad and top with the ostrich slices. Drizzle over the yoghurt dressing, scatter over the pumpkin seeds and garnish with the remaining chopped parsley.



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	476kJ
Energy	114kcal
Protein	8.7g
Carbs	13g
of which sugars	2g
Fibre	1.3g
Fat	2.2g
of which saturated	0.5g
Sodium	62mg

Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days