



UCOOK

Rainbow Ratatouille & Ostrich

with Kalamata olives & crispy chickpeas

Ratatouille makes a delicious pairing for all the veggie goodness that we've got going on in this unique ostrich dish! We've made it even more flavourful & fabulous by adding fresh basil and tangy black olives. Ready to eat the rainbow?

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Range Cabernet Sauvignon 2016

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Ingredients & Prep

360g	Chickpeas <i>drained & rinsed</i>
2	Green Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
1	Onion <i>¾ peeled & roughly diced</i>
300g	Baby Marrow <i>rinsed & cut into bite-sized chunks</i>
300ml	Tomato Passata
480g	Free-range Ostrich Steak
30ml	NOMU Provençal Rub
60g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
12g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)
Paper Towel

1. CRISPY CHICKPEAS Place a large pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 12-15 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in!

2. RAVISHING RATATOUILLE Place a large pan over a medium heat with a drizzle of oil. When hot, add the pepper pieces, grated garlic and the diced onion. Fry for 5-6 minutes until softened slightly, shifting occasionally. Add the baby marrow chunks and fry for 2-3 minutes until lightly browned, shifting occasionally. Pour in the passata, and 150ml of water. Mix until fully combined. Leave to simmer for 8-10 minutes, until the veggies are cooked through, stirring occasionally. Remove from the heat, cover to keep warm, and season with salt, pepper, and a sweetener of choice (to taste).

3. SIZZLING STEAKS Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter (optional) and the rub to baste the steak. Remove from the pan and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. FINISH UP Dish up a hearty helping of the saucy ratatouille. Top with the chopped olives and crispy chickpeas. Garnish with the freshly torn basil and dig in, Chef!

Nutritional Information

Per 100g

Energy	304kJ
Energy	73kcal
Protein	6.7g
Carbs	7g
of which sugars	2.7g
Fibre	2.3g
Fat	1.5g
of which saturated	0.3g
Sodium	115mg

Allergens

Allium, Sulphites

Cook
within
4 Days