



# UCCOOK

## 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?

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Waterford Estate | Range Cabernet Sauvignon 2016

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## Ingredients & Prep

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