



UCCOOK

Ostrich Fillet & Pesto Orzo Salad

with caramelised onion & crispy chickpeas

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	534kJ	3473kJ
Energy	128kcal	831kcal
Protein	8.5g	55.3g
Carbs	12g	75g
of which sugars	2.5g	16.6g
Fibre	2.2g	14g
Fat	5g	32.7g
of which saturated	1.3g	8.4g
Sodium	117mg	761mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>rinse & drain</i>
50ml	100ml	Orzo Pasta
1	1	Onion <i>peel & roughly slice ½ [1]</i>
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU Italian Rub
1	1	Tomato <i>peel & roughly dice ½ [1]</i>
40ml	80ml	Pesto Princess Basil Pesto
15ml	30ml	Lemon Juice
20g	40g	Danish-style Feta <i>drain & crumble</i>
3g	5g	Fresh Basil <i>rinse, pick & 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, 10-12 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, 10-15 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, onion, tomato, 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!