



UCOOK

Moroccan Ostrich Fillet Bowl

with roasted butternut & a harissa yoghurt

Swap the formal dinner table for a low table and a scattering of comfy cushions and have an authentic Moroccan dining experience tonight, Chef! At the centre will be a delicious meal of dukkah-spiced butternut, served with seared ostrich slices. Featuring aromatic harissa-spiced coconut yoghurt, toasted pumpkin seeds and briny olives.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

*New Calorie Conscious

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Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
45ml	Moroccan Spice Mix <i>(7,5ml Ground Cumin, 7,5ml Smoked Paprika & 30ml Old Stone Mill Dukkah Spice)</i>
15g	Pumpkin Seeds
120g	Kale <i>rinse & roughly shred</i>
60ml	Pesto Princess Harissa Paste
125ml	ButtaNutt Coconut Yoghurt
450g	Free-range Ostrich Fillet
30g	Pitted Green Olives <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. DELISH DUKKAH VEG Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, ½ the spiced dukkah mix and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. PUMPKIN SEEDS 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.

3. CRISPY KALE Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

4. HARISSA YOGHURT In a small bowl, combine the harissa paste and the coconut yoghurt. Loosen with water in 5ml increments until drizzling consistency. Season and set aside.

5. SPICY, SEARED STEAK Place a pan over 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 minute, baste with the remaining spiced dukkah mix. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. MMMOROCCAN MEAL Bowl up the roasted veg and the sliced olives. Top with the sliced ostrich, drizzle over the harissa yoghurt, and sprinkle over the toasted pumpkin seeds. Indulge, Chef!

Nutritional Information

Per 100g

Energy	386kJ
Energy	92kcal
Protein	7.4g
Carbs	7g
of which sugars	3g
Fibre	2g
Fat	3g
of which saturated	1.7g
Sodium	122.2mg

Allergens

Allium, Peanuts, Sulphites, Tree Nuts

Eat
Within
4 Days