



# U C O O K

— COOKING MADE EASY

## OSTRICH FILLET & TEX-MEX CHILLI

**with a quinoa risotto & hemp-coriander pesto**

Lean, pan-seared ostrich, the nuttiness of warm quinoa, crisp baby spinach, and chunky cannellini bean chilli with charred corn, tangy piquanté peppers, and Cajun spice. Tex-mex textures of note!

---

**Hands-On Time:** 35 minutes

**Overall Time:** 55 minutes

---

**Serves:** 4 People

---

**Chef:** Samantha Finnegan

---



**Health Nut**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

|       |                                                                      |
|-------|----------------------------------------------------------------------|
| 300ml | White Quinoa                                                         |
| 20ml  | Beef Stock                                                           |
| 400g  | Cooked Chopped Tomato                                                |
| 200g  | Corn                                                                 |
| 80g   | Pickled Piquanté Peppers<br><i>drained &amp; roughly<br/>chopped</i> |
| 240g  | Cannellini Beans<br><i>drained &amp; rinsed</i>                      |
| 20ml  | NOMU Cajun Rub                                                       |
| 600g  | Ostrich Fillet                                                       |
| 80g   | Green Leaves<br><i>rinsed</i>                                        |
| 60ml  | The Real Food Factory<br>Hemp Seed and<br>Coriander Pesto            |

## From Your Kitchen

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

**1. COOK UP A QUINOA RISOTTO!** Rinse the quinoa and place in a pot over a low-medium heat. Stir in the cooked chopped tomatoes, the beef stock, and 800ml of water. Bring to a simmer with the lid off. Once simmering, cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, stirring occasionally. If it starts to dry out during the cooking process, gradually add more water. On completion, the texture should resemble that of risotto. Season to taste, cover with a lid, and allow to stand off the heat for 5 minutes.

**2. SMOKY CORN** Place a large pan over a medium-high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Season to taste on completion. Keeping the pan on the heat, remove the corn and set aside in a large bowl.

**3. BEAN CHILLI** Add another drizzle of oil to the pan if necessary. When hot, fry half of the chopped piquanté peppers for 1 minute, shifting continuously. Add the drained cannellini beans and the Cajun Rub to taste. Fry for 5-7 minutes until the beans crisp around the edges, stirring occasionally. Remove from the pan on completion and set aside in the bowl of charred corn.

**4. SEAR THE OSTRICH** Pat the ostrich steaks dry with some paper towel. Wipe down the pan and return it to a medium-high heat with another drizzle of oil. When hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes. Keeping the pan on the heat, pop in the corn and beans for a minute until heated through.

**5. GREEN LEAVES** Just before serving, toss the rinsed green leaves with the remaining chopped piquanté peppers. Add a drizzle of oil and season to taste. Thinly slice the ostrich steaks and lightly season the slices.

**6. DINNER TIME** Make a bed of dressed green leaves and piquanté peppers. Cover with a mound of tomatoey quinoa risotto and spoon over the cajun-spiced beans and corn. Top with the lean, mean ostrich steak slices and finish off with dollops of hemp seed and coriander pesto. Delicious, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 573kj   |
| Energy             | 137Kcal |
| Protein            | 10.3g   |
| Carbs              | 17g     |
| of which sugars    | 3.3g    |
| Fibre              | 2.5g    |
| Fat                | 3.4g    |
| of which saturated | 0.5g    |
| Sodium             | 458mg   |

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days