

UCOOK

Mediterranean Ostrich Meatballs

with roasted pumpkin & tzatziki

Roll up your sleeves and let's make some homemade ostrich meatballs, dotted with tasty surprises such as sun-dried tomatoes and fresh oregano. These flavourbombs will rest on a tossed salad, featuring briny pops of olives, peppery basil, cucumber & greens. Served with golden pumpkin and creamy tzatziki.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Jenna Peoples

*New Calorie Conscious

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Ingredients & Prep

400g	Pumpkin Chunks
600g	Free-range Ostrich Mince
80g	Sun-dried Tomatoes <i>roughly chop</i>
10g	Fresh Oregano <i>rinse, pick & roughly chop</i>
2	Onions <i>peel & finely dice</i>
2	Bell Peppers <i>rinse, deseed & cut into thin strips</i>
400g	Cucumber <i>rinse & roughly dice</i>
80g	Pitted Kalamata Olives <i>drain & halve</i>
10g	Fresh Basil <i>rinse, pick & roughly chop</i>
40ml	Lemon Juice
80g	Salad Leaves <i>rinse & roughly shred</i>
125ml	Tzatziki

From Your Kitchen

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

1. ROASTED PUMPKIN Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. MMMEATBALLS In a bowl, combine the ostrich mince, ½ the chopped sun-dried tomatoes, ½ the diced onion (to taste) and the chopped oregano. Season well and mix until combined. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside.

3. COLOURFUL SALAD In another bowl, mix together the pepper strips, the diced cucumber, the halved olives, the remaining onion, the remaining sun-dried tomato, the chopped basil and the lemon juice (to taste). Toss through the shredded salad leaves, a drizzle of olive oil (optional), season and set aside.

4. INTO THE PAN Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes, shifting as they colour. Remove from the pan.

5. JUST LOOK AT THAT! Make a bed of loaded salad. Top with the juicy meatballs and the roasted pumpkin. Dollop over the tzatziki. Opa, Chef, dinner is ready!

Nutritional Information

Per 100g

Energy	292kJ
Energy	70kcal
Protein	5.9g
Carbs	5g
of which sugars	3g
Fibre	1g
Fat	2.9g
of which saturated	0.7g
Sodium	70.9mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days