



Eat Within 4 Days

QCOOK

Lebanese-style Ostrich Strips

with caramelised onion, crispy lentils & Danish-style feta

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	433kj	3061kj
Energy	104kcal	732kcal
Protein	7.8g	55g
Carbs	8g	56g
of which sugars	2.1g	15g
Fibre	2.4g	16.8g
Fat	4.3g	30.1g
of which saturated	1.6g	11.6g
Sodium	155mg	1094mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU Does Everything
2	2	Onions <i>peel & roughly slice</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Red Wine Vinegar
3	4	Tomatoes <i>rinse & dice</i>
300g	400g	Cucumber
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150ml	200ml	Hummus
120g	160g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. OSTRICH PREP Pat the ostrich strips dry with paper towel and mix with the NOMU rub. Set aside.

2. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

3. LEKKER LENTILS Return the pan, wiped down if necessary, to medium-high heat with a drizzle of oil. Fry the lentils until crispy, 8-10 minutes. In the final 30-60 seconds, add the garlic, remove from the pan, and season.

4. SOME FRESHNESS In a bowl, combine the vinegar and 45ml [60ml] of olive oil. Add the tomato, the cucumber, the salad leaves and seasoning. Toss to combine.

5. TENDER STRIPS Return the pan to high heat with a drizzle of oil and a knob of butter. Sear the ostrich strips until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

6. TIME TO EAT Smear the hummus in an open bowl, top with the caramelised onions and the ostrich strips. Side with the fresh salad, sprinkle over the crispy lentils and scatter the feta over the salad. Enjoy, Chef!