



UCOOK

Ostrich Souvlaki Bowl

with roasted butternut, hummus & tzatziki

Transport your taste buds to Greece with this grazing plate. Golden-roasted butternut forms the base, complemented by a zesty trio of olives, cucumber, and tomatoes tossed with onions & parsley. Pan-fried ostrich is butter-basted to perfection, and plated alongside hummus adorned with NOMU rub, drizzled with olive oil, and finished with a touch of freshness from tzatziki. Opa!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

Carb Conscious

 Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
30g	Pitted Kalamata Olives <i>drain & halve</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>
1	Onion <i>peel & dice ¼</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
160g	Free-range Ostrich Steak
10ml	NOMU Moroccan Rub
25ml	Tzatziki
40ml	Hummus

From Your Kitchen

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

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SIMPLE SALSA In a bowl, combine the halved olives, the diced cucumber, the diced tomatoes, the diced onion (to taste), ½ the chopped parsley, a drizzle of olive oil, and seasoning.

3. BUTTER-BASTED OSTRICH 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 1-2 minutes, baste with a knob of butter and ¾ of the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. A TRIP TO GREECE Plate up the roasted butternut chunks, the sliced ostrich, the tomato salsa, and the tzatziki. Side with the hummus, drizzle with olive oil, and sprinkle over the remaining NOMU rub. Scatter over the remaining parsley. A masterpiece, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	312kJ
Energy	75kcal
Protein	6.4g
Carbs	7g
of which sugars	2.3g
Fibre	1.6g
Fat	1.9g
of which saturated	0.5g
Sodium	159mg

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat
Within
4 Days