



U C O O K

— COOKING MADE EASY

OSTRICH SUPERFOOD BOWL

with sautéed kale, quinoa & smoky chickpeas

We're lining up the food superpowers: fluffy quinoa, sweet and smoky chickpeas, kale, smooth cottage cheese, and lean ostrich fillet. This buddha bowl will get your body blissing out on nutrients!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Runet Van Heerden



Health Nut

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Ingredients & Prep

150ml	White Quinoa
240g	Chickpeas <i>drained & rinsed</i>
10ml	Cape Herb & Spice Smoked Paprika
40ml	Sticky Glaze <i>(20ml White Wine Vinegar & 20ml Honey)</i>
60ml	Smooth Cottage Cheese
5g	Fresh Mint <i>rinsed, picked & finely sliced</i>
160g	Baby Tomatoes <i>rinsed & quartered</i>
100g	Kale <i>rinsed & roughly shredded</i>
320g	Free-Range Ostrich Steak

From Your Kitchen

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

1. FLUFFY QUINOA Rinse the quinoa and place in a pot with a pinch of salt and 400ml of water. Place over a medium-high heat and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat until serving.

2. CRISPY CHICKPEAS Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 12-15 minutes until crispy, shifting occasionally. If they start to pop out, use a lid to rein them in. In the final 2 minutes, add the Sticky Glaze and half of the smoked paprika and simmer until the chickpeas are coated. Remove the pan from the heat on completion. Season to taste, cover, and set aside until serving.

3. DRESSING & KALE While the chickpeas are toasting, combine the smooth cottage cheese with three-quarters of the sliced mint. Mix in milk or water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Toss the halved baby tomatoes with a drizzle of oil and some seasoning. Set aside to marinate. Place the shredded kale in a bowl with a drizzle of oil and seasoning to taste. Using your hands, gently massage the kale until softened and coated in oil. Place a clean pan over a medium heat. When hot, sauté the soft kale for 2-3 minutes until wilted. Remove from the pan on completion and return to the bowl. Cover to keep warm until serving.

4. SEARED OSTRICH Pat the ostrich dry with some paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the steaks for 6-8 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final minute, use a knob of butter to baste the steaks. Remove the pan from the heat and sprinkle in the remaining smoked paprika. Spoon the pan juices over the steaks until coated. Set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. SERVE IT UP! Place helpings of sautéed kale, sticky chickpeas, fluffy quinoa, and tomatoes alongside each other in a bowl. Top with the slices of ostrich steak. Drizzle over the creamy mint dressing and garnish with the remaining mint. Good work, Chef!



Chef's Tip

Quinoa is a great high-protein, high-fiber alternative to other grains. Plus, it's high in magnesium, which helps to produce oxygen-carrying red blood cells. It can be eaten warm, as a side, or cool, as a hearty addition to a salad.

Nutritional Information

Per 100g

Energy	585kJ
Energy	140Kcal
Protein	11.3g
Carbs	16g
of which sugars	3.9g
Fibre	3.4g
Fat	2.8g
of which saturated	0.5g
Sodium	44mg

Allergens

Dairy, Sulphites

Cook
within
4 Days