



UCOOK

Souvlaki-style Ostrich

with roasted beetroot & hummus

Inspired by the Greek street food of marinated kabobs cooked on a grill, we've added some Mzansi magic by making this dish with buttery, NOMU Rub-spiced ostrich. Served with a tangy tomato, pickled onion & parsley salsa for freshness, creamy dollops of hummus, and earthy oven-roasted beets. Nóstimo, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

Carb Conscious

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
100g	Cucumber <i>rinse & finely dice</i>
80g	Baby Tomatoes <i>rinse & halve</i>
20g	Pickled Onions <i>drain & roughly dice</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
20g	Pitted Kalamata Olives <i>drain & cut in half</i>
160g	Free-range Ostrich Steak
10ml	NOMU Moroccan Rub
40ml	Hummus

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

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

3. SIZZLING 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 beetroot. Side with the ostrich slices, and the tomato salsa. Serve with the hummus drizzled with olive oil and sprinkled with the remaining rub. Scatter over the remaining parsley. A masterpiece, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	273kJ
Energy	65kcal
Protein	6.4g
Carbs	5g
of which sugars	1.5g
Fibre	1.7g
Fat	1.9g
of which saturated	0.5g
Sodium	220mg

Allergens

Cow's Milk, Allium, Sesame, Sulphites

Eat
Within
4 Days