



UCOOK

Za'atar Ostrich & Smoky Baba Ganoush

with roasted carrot, red onion & pumpkin
seeds

Feel like spicing things up for dinner tonight? Then this is the recipe to try. A fancy smear of creamy baba ganoush is topped with Middle-Eastern spiced ostrich goulash. Finished with roasted carrots, a dressed green salad and a sprinkling of fresh parsley. You'll go far with this za'atar dish, Chef!

Hands-on Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Waterkloof | False Bay Pinotage

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Ingredients & Prep

250g	Aubergine <i>trimmed & sliced in half lengthways</i>
1	Garlic Clove
240g	Carrot <i>peeled (optional)</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
10g	Pumpkin Seeds
150g	Free-range Ostrich Goulash
15ml	Za'atar
10ml	Tahini
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Butter (optional)

1. UBER YUM AUBERGINE Preheat the oven to 220°C. Line a baking tray with tinfoil. Brush the cut sides of the aubergine halves with oil and place cut-side down on the tray. Roast in the hot oven for 35-40 minutes. When the aubergine is halfway done, add the whole, unpeeled garlic clove and roast for the remaining time.

2. VEGGIE WEDGES Slice the peeled carrot into wedges. On a separate roasting tray, spread out the carrot and red onion wedges. Coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway. When there are 2-3 minutes remaining, sprinkle over the pumpkin seeds and roast for the remaining time.

3. IT'S A ZA'ATAR BAZAAR Place a pan over medium-high heat with a drizzle of oil. When hot, fry the ostrich goulash for 4-5 minutes until crispy, shifting as they colour. In the final minute, add in a knob of butter (optional) and sprinkle over the za'atar. To ensure the best results, fry them in batches in a single layer. Remove from the pan and set aside to rest for 3 minutes.

4. FAB BABA GANOUSH When the roast veg is ready, scrape the flesh of the aubergine and the garlic into a bowl, discarding the skins. Mash together with a fork until combined but chunky. Mix in the tahini (to taste), the juice of 1 lemon wedge, and seasoning. Set aside.

5. STOMACH GROWLING YET? Toss the roasted carrot and onions with ½ the finely chopped parsley, lemon zest and seasoning. In a separate bowl, combine the rinsed green leaves, a drizzle of oil, and some seasoning.

6. A MIDDLE-EASTERN MEDLEY Smear the baba ganoush over one side of the plate. Top with the za'atar ostrich bites and sprinkle over the remaining chopped parsley. Side with the lemony roasted carrots, dressed green leaves and any remaining lemon wedges. Delish!

Nutritional Information

Per 100g

Energy	270kJ
Energy	65kcal
Protein	5.2g
Carbs	7g
of which sugars	3.3g
Fibre	2.5g
Fat	1.7g
of which saturated	0.3g
Sodium	24mg

Allergens

Allium, Sesame, Tree Nuts

Cook
within
4 Days