



UCOOK

Ostrich Steak & Bombay-style Rice

with **crispy onions & aubergine**

Jump in and taste these glorious Indian-inspired flavours! Brown rice is cooked to perfection, before lentils, golden roasted aubergine, and crispy onions are tossed through! Served with juicy ostrich steak slices, minty yoghurt, and a fresh salad, you'll be dreaming about this dish long after you eat it!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Strandveld | Grenache

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into bite-sized chunks</i>
10ml	NOMU Indian Rub
75ml	Brown Rice <i>rinse</i>
50ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
160g	Free-range Ostrich Steak
10ml	Crispy Onions
60g	Tinned Lentils <i>drain & rinse</i>
20g	Salad Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. AUB IT UP! Preheat the oven to 220°C. Spread the aubergine chunks on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. NICE RICE Place the rinsed rice in a pot with the remaining NOMU rub and 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover. In a bowl, combine the yoghurt with ½ the chopped mint and seasoning. Set aside.

3. SIZZLE IT! When the aubergine has 10 minutes remaining, 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. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

4. BOMBAY RICE When the aubergine and the rice are done, add the cooked aubergine chunks to the rice along with ½ the crispy onions, the drained lentils, and seasoning. Toss until fully combined. In a salad bowl, combine the rinsed leaves, the cucumber half-moons, a drizzle of olive oil, and seasoning.

5. PLATE & EAT! Plate up a hearty helping of the bombay rice dolloped with the minty yoghurt. Side with the steak slices drizzled with any pan juices. Pile up the fresh leafy salad alongside and garnish with the remaining mint and crispy onions. Nicely done, Chef!

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	8.6g
Carbs	15g
of which sugars	2.4g
Fibre	3.7g
Fat	1.7g
of which saturated	0.4g
Sodium	84mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within 3
Days