



UCOOK

Cumin Ostrich & Sensational Socca

with a garlic yoghurt dressing & pickled red onions


Ostrich fillet is marinated in a cumin & yoghurt marinade before being grilled to perfection & basted in butter. These tender slices are served on top of a light and airy homemade gluten-free pancake made from chickpea flour. A creamy garlic & yoghurt sauce, charred baby marrows, pickled red onions, and toasted pine nuts finish off this tasty dish!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | Syrah

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Ingredients & Prep

127,5ml	Flour Mix <i>(125ml Chickpea Flour & 2,5ml Baking Powder)</i>
4g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ cut into wedges</i>
1	Onion <i>¼ peeled & finely sliced</i>
150g	Free-range Ostrich Fillet
1,25ml	Ground Cumin
50ml	Low Fat Plain Yoghurt
10g	Pine Nuts
1	Garlic Clove <i>peeled & grated</i>
200g	Baby Marrow <i>rinsed & sliced into rounds</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. BEGIN WITH THE BATTER In a bowl, combine the flour mix with a pinch of salt. Slowly pour in 100ml of warm water and whisk until a thin, but not watery, consistency - you may not need all the water! Cover and rest for at least 30 minutes. Once rested, mix in 1 tbsp of olive oil and the chopped oregano.

2. PICKLE & MARINADE In a bowl, combine the juice from 1 lemon wedge, a sweetener, and seasoning. Toss through the sliced onion and set aside. Pat the ostrich dry with paper towel. In a separate bowl, combine the ostrich fillet, the ground cumin, ½ the yoghurt, and seasoning. Set aside.

3. PINE NUTS & DRESSIN' Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and fry until fragrant, 1 minute (shifting constantly). Remove from the pan and place in a bowl. Mix through the remaining yoghurt and seasoning.

4. FRY THE VEG & OSTRICH Return the pan to medium-high heat with a drizzle of oil. When hot, add the baby marrow discs and fry until charred, 3-5 minutes (flipping halfway). Remove from the pan, season, and cover. Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated 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 and set aside to rest for 5 minutes before slicing and seasoning.

5. FLIPPIN' PANCAKES Return the pan, wiped clean, to medium heat with a drizzle of oil. When hot, pour in ½ of the socca batter. Tilt the pan in a circular motion so that the batter evenly coats the pan. Cook until the bottom has browned, 1-2 minutes. Flip and cook, 1-2 minutes. Remove from the pan. Repeat with the remaining batter to make 3 pancakes.

6. STACK IT ALL UP! Plate up the socca pancakes. Smear with ½ the garlicky yoghurt and top with the rinsed green leaves, the baby marrow, the pickled onions, and the ostrich slices. Loosen the remaining garlicky yoghurt with water in 5ml increments until a drizzling consistency and drizzle over the loaded pancakes. Sprinkle over the pine nuts.

Nutritional Information

Per 100g

Energy	449kJ
Energy	107kcal
Protein	9.3g
Carbs	12g
of which sugars	3.3g
Fibre	3g
Fat	2.8g
of which saturated	0.6g
Sodium	27mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within
4 Days