



UCOOK

Char-grilled Tahini Ostrich Skewers

with peanuts & a green bean salad

Ostrich pieces are doused in a silky tahini & coconut milk marinade. These tender pieces of meat are then threaded onto a skewer and fried to golden perfection. Served with an artichoke, Danish feta & charred green bean salad, all garnished with toasted peanuts for crunch. Sounds kebab-solutely amazing!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Paserene | The Shiner Red Blend

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Ingredients & Prep

150g	Free-range Ostrich Chunks
125ml	Tahini Marinade <i>(10ml Tahini, 100ml Coconut Milk, 10ml Lemon Juice & 5ml Sesame Oil)</i>
5g	Peanuts <i>roughly chopped</i>
3	Wooden Skewers
1	Onion <i>½ peeled & cut into wedges</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Artichoke Hearts <i>drained & cut into bite-sized pieces</i>
50g	Cucumber <i>roughly diced</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. MARINATION STATION Pat the ostrich chunks dry with paper towel. Place the Tahini marinade into a bowl with 5ml of sweetener and seasoning. Toss the ostrich chunks though the marinade and set aside.

2. GOLDEN PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. THREAD THE SKEWERS Separate the onion wedges into petals. Thread 1 marinated piece of ostrich and 1 onion petal on to a skewer, making sure they are secure. Repeat in the same order, filling up each skewer, until all the skewers are full. Reserve any leftover marinade.

4. CHARRED VEG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans and any remaining onion petals until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, place in a salad bowl, and season.

5. FRY THE KEBABS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the ostrich skewers until charred and cooked through, 2-3 minutes. In the final 1-2 minutes, baste the skewers with the reserved marinade. Remove from the pan, reserving any pan juices.

6. SCRUMPTIOUS SALAD To the bowl of onion and green beans, toss through the shredded salad leaves, the artichoke pieces, the diced cucumber, ½ the toasted nuts, the drained feta, a drizzle of olive oil, the reserved pan juices, and seasoning. Set aside.

7. GET MUNCHING! Serve up the ostrich skewers. Place the charred green bean & artichoke salad alongside and scatter over the remaining peanuts. Good one, Chef!

Nutritional Information

Per 100g

Energy	445kJ
Energy	106kcal
Protein	7.2g
Carbs	5g
of which sugars	2.1g
Fibre	1.4g
Fat	6.5g
of which saturated	3.4g
Sodium	95mg

Allergens

Dairy, Allium, Sesame, Peanuts, Sulphites

Cook
within 3
Days