

# UCOOK

## Mediterranean Ostrich Bowl

with toasted pita triangles

Instead of using a pita to fill with your favourite flavours, let's show you how to serve it as an edible alternative for your fork with this mouthwatering Mediterranean meal, featuring a loaded ostrich mince, dotted with silky onion & lightly charred bell peppers, topped with briny olives, tangy sun-dried tomatoes, cooling cucumber, & peppery basil.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

Quick & Easy

---

Strandveld | Grenache

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

300g	Free-range Ostrich Mince
75g	Sliced Onion
1	Bell Pepper <i>rinse, deseed &amp; cut into bite-sized pieces</i>
20ml	NOMU One For All Rub
40ml	Tomato Paste
200g	Cucumber <i>rinse &amp; roughly dice</i>
30ml	Apple Cider Vinegar
2	Pita Breads
60g	Sun-dried Tomatoes <i>drain</i>
60g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

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

**1. MOUTHWATERING MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Add the sliced onions and the peppers. Fry until lightly charred, 4-5 minutes (shifting occasionally). Add the NOMU rub, the tomato paste, and fry until fragrant, 2-3 minutes.

**2. A LITTLE BIT SAUCY** Add 100ml of water to the pan and simmer until thickening, 2-3 minutes. Remove from the heat and season.

**3. SOME PREP** In a bowl, combine the diced cucumber, the vinegar, and season. Drain the liquid before serving. Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

**4. DINNER IS READY** Bowl up the loaded mince. Scatter over the drained sun-dried tomatoes, the chopped olives, the cucumber, and the torn basil. Serve alongside the pita quarters. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	407kJ
Energy	97kcal
Protein	5.9g
Carbs	11g
of which sugars	2.9g
Fibre	1.8g
Fat	3g
of which saturated	0.6g
Sodium	164.8mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days