



UCCOOK

Grilled Ostrich Quinoa Salad

with roasted carrot & sun-dried tomatoes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 363kj | 2023kj |
| Energy | 87kcal | 484kcal |
| Protein | 7.6g | 42.3g |
| Carbs | 11g | 64g |
| of which sugars | 3.8g | 21.2g |
| Fibre | 2.2g | 12g |
| Fat | 1.9g | 10.5g |
| of which saturated | 0.4g | 2g |
| Sodium | 32mg | 177mg |

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|----------------------------------------------------------------------|
| 120g | 240g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 1 | 1 | Onion <i>peel & cut ½ [1] into wedges</i> |
| 3g | 5g | Fresh Thyme <i>rinse & finely chop</i> |
| 50ml | 100ml | Quinoa <i>rinse</i> |
| 150g | 300g | Free-range Ostrich Fillet |
| 5ml | 10ml | Dried Oregano |
| 1 | 1 | Bell Pepper <i>rinse, deseed & cut ½ [1] into thin strips</i> |
| 20g | 40g | Sun-dried Tomatoes <i>roughly chop</i> |
| 15ml | 30ml | Balsamic Vinegar |
| 3g | 5g | Fresh Basil <i>rinse, pick & roughly tear</i> |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. ROAST VEG Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Lightly spray with cooking spray, coat with thyme (to taste), and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 225ml [450ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. OSTRICH Place a pan over medium-high heat. Pat the ostrich dry with paper towel, coat with oregano, and lightly spray with cooking spray. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Combine the quinoa with the roast, pepper, sun-dried tomatoes, and balsamic vinegar (to taste), and toss to combine.

5. DINNER IS READY Dish up the loaded quinoa, top with the ostrich slices, and garnish with the basil. Well done, Chef!