



# U COOK

## Pesto Rice Salad & Ostrich Steak

with tomatoes, cucumber & NOMU Moroccan Rub

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | The Tin Mine Red

Nutritional Info	Per 100g	Per Portion
Energy	504kJ	2224kJ
Energy	121kcal	532kcal
Protein	9.7g	43g
Carbs	14g	64g
of which sugars	1.5g	6.8g
Fibre	0.9g	3.8g
Fat	2.6g	11.4g
of which saturated	0.6g	2.6g
Sodium	97mg	429mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

75ml	150ml	White Basmati Rice <i>rinse</i>
160g	320g	Free-range Ostrich Steak
40ml	80ml	Creamy Pesto <i>(30ml [60ml] Low Fat Plain Yoghurt &amp; 10ml [20ml] Pesto Princess Basil Pesto)</i>
5ml	10ml	NOMU Moroccan Rub
50g	100g	Cucumber <i>rinse &amp; dice</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

**1. READY THE RICE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. NOW FOR THE PROTEIN** Place a pan over medium-high 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**3. LOADED RICE** In a bowl, combine the rice, the cucumber, the tomato, and seasoning.

**4. O-YUM OSTRICH** Make a bed of the loaded rice and top with the ostrich slices. Dollop over the creamy pesto. Easy peasy, Chef!