



## GAME SOSATIES WITH PEPPER MARMALADE

### Marmelade

- 300 g couscous (semolina)
- 100 ml olive oil
- 50 g softened butter
- 1 sweet red pepper, thinly sliced
- 1 green pepper, thinly sliced
- 2 large onions, thinly sliced
- 1-2 garlic cloves, finely chopped
- 1 branch of thyme
- 1 bay leaf
- 100 ml red wine vinegar
- 1 can (about 400 ml) chopped tomatoes
- Salt and pepper

### Sosaties

- 600g ostrich fillet, cubed
- 600g kudu fillet, cubed
- 1 sweet red pepper
- 1 green pepper
- 1 red onion
- Olive oil

### Couscous

- 300 g couscous
- 50 g softened butter

### Rocket Pesto Oil

- 100 g rocket
- 20 g pine nuts
- 2 garlic cloves
- 300 ml olive oil
- Salt and pepper

Prepare the couscous with 350 ml boiling water, 1 tablespoon of the olive oil and a pinch of salt. Mix well, cover with cling film and leave to stand for 5 minutes. Add the butter and fluff with a fork to separate the grains.

For the marmalade, heat the remaining olive oil and cook the sweet peppers and onions for 3 minutes on high. Add the garlic, thyme leaves, bay leaf and vinegar, and cook until most of the liquid has evaporated. Add the tomatoes, season with salt and pepper, turn down the heat and simmer until the mixture acquires a jam-like consistency.

For the pesto oil, combine all the ingredients in a food processor until you have a smooth sauce. Moisten the cubes of ostrich meat with a little olive oil and seal in a pan until lightly browned.

Thread the meat on sosatie sticks, alternating with the pepper and onion strips. Brush with olive oil, season with salt and pepper. Preheat your Char-Broil grill to high. Season the grid with some olive oil and place the sosaties directly onto the grid, until the meat is cooked to your liking but the vegetables are still crisp.

To serve, mix the couscous with the sweet pepper marmalade. Place a 1 kudu and 1 ostrich sosatie on top and drizzle a thin stream of pesto around the edge of the plate. Garnish with a few rocket leaves and serve immediately.

LIVE IT UP with

COOKING TIME: 40 minutes  
YIELDS: 4 portions