



UCCOOK

BBQ Ostrich & Creamed Spinach

with roasted gem squash

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	424kJ	3227kJ
Energy	101kcal	772kcal
Protein	5.6g	43g
Carbs	4g	33g
of which sugars	1.8g	13.4g
Fibre	1.5g	11.7g
Fat	6g	45.4g
of which saturated	2.7g	20.8g
Sodium	223mg	1699mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Gem Squash <i>rinse, halve & deseed</i>
30g	40g	Sunflower Seeds
450g	600g	Spinach <i>rinse & roughly shred</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
240ml	320ml	Crème Fraîche
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU BBQ Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Paper Towel
Butter
Water
Seasoning (salt & pepper)

1. WHAT A GEM Preheat the oven to 200°C. Place the gem squash on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes. At the halfway mark, pop a small knob of butter into each half and return to the oven for the remaining time.

2. THAT TOASTY TASTE Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SAUTÉ AWAY Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the spinach until wilted, 4-5 minutes. Remove from the pan and season.

4. RAISE THE SPINACH STANDARD Return the pan, wiped down, to medium heat with a drizzle of oil. Fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Return the spinach to the pan along with the crème fraîche and 200ml [250ml] of warm water. Reduce the heat and simmer for 7-8 minutes until starting to thicken. Loosen with a splash of water if too thick. Remove and season.

5. BASTE THE STRIPS Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). You may need to do this step in batches. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and season.

6. HOPE YOU'RE HUNGRY! Plate up the creamy spinach alongside the BBQ-basted ostrich. Serve with the roasted gem squash and garnish with the sunflower seeds. Dig in, Chef!