



QCOOK

Dried Fig, Zucchini & Ostrich Salad

with charred baby marrow

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Niitida | Merlot

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 428kj | 1757kj |
| Energy | 102kcal | 420kcal |
| Protein | 10.2g | 41.9g |
| Carbs | 7g | 30g |
| of which sugars | 5.6g | 22.9g |
| Fibre | 1.6g | 6.6g |
| Fat | 3.9g | 16.2g |
| of which saturated | 1.3g | 5.4g |
| Sodium | 127mg | 521mg |

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|------------------------------------------------------------------------------------------------------|
| 30g | 40g | Almonds |
| 450g | 600g | Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 45ml | 60ml | Sweet Vinegar <i>(15ml [20ml] Honey & 30ml [40ml] Vinegar)</i> |
| 450g | 600g | Free-range Ostrich Fillet |
| 30ml | 40ml | NOMU One For All Rub |
| 60g | 80g | Salad Leaves <i>rinse & shred</i> |
| 60g | 80g | Dried Figs <i>roughly tear</i> |
| 60g | 80g | Danish-style Feta <i>drain</i> |

From Your Kitchen

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

1. NUTS, VEG & SWEET VINEGAR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the spring onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet vinegar.

2. NOMU-SPICED OSTRICH Place a clean pan over medium-high heat 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. BEAUTIFUL SALAD Just before serving, toss the salad leaves, the figs, ½ the nuts, and the feta through the spring onions and baby marrows along with a drizzle of olive oil and seasoning.

4. WHAT A PLATE! Plate up the charred baby marrow salad and serve alongside the ostrich. Scatter over the remaining nuts.