



UCOOK

Paserene's Ostrich & Blueberry Sauce

with a green bean, Danish-style feta & chickpea salad

A berry delicious meal will soon be on your dinner table, Chef! A blueberry & red wine sauce elevates this dish with fruity, acidic & sweet notes. This delicious liquid is drizzled over butter-basted, Dukkah-spiced ostrich slices. Sided with a crispy chickpea, toasted almond, feta & green bean salad.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Paserene

 Carb Conscious

 Paserene | Midnight Cabernet Sauvignon

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Ingredients & Prep

10g	Almonds
125g	Blueberries
65ml	Red Wine Sauce <i>(50ml Red Wine & 15ml Balsamic Vinegar)</i>
1	Garlic Clove <i>peeled & grated</i>
60g	Chickpeas <i>drained & rinsed</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
30g	Danish-style Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>
160g	Free-range Ostrich Steak
10ml	Dukkah Spice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. AND HERE WE GO! 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.

2. BLUEBERRY & WINE SAUCE In a small saucepan, add the blueberries, the wine sauce, 5ml of sweetener, and the grated garlic. Using a potato masher or fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer until slightly thickened, 10-15 minutes. Cover and set aside.

3. CRISPY CHICKPEAS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

4. CHARRED GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, add to the bowl of chickpeas, season, and cover.

5. CRUNCHY SALAD To the bowl of green beans and chickpeas, add the drained feta, ½ the toasted almonds, the rinsed leaves, and toss well. Set aside.

6. DUKKAH-SPICED OSTRICH Return the pan to 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 minute, baste with a knob of butter and ½ the dukkah spice. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

7. DISH UP! Serve up the juicy ostrich slices, scatter with the remaining dukkah spice, and drizzle over the blueberry sauce. Side with the chickpea and green bean salad and garnish with the remaining almonds.

Nutritional Information

Per 100g

Energy	482kJ
Energy	115kcal
Protein	9.4g
Carbs	9g
of which sugars	4.2g
Fibre	2.6g
Fat	4.3g
of which saturated	1.4g
Sodium	94mg

Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts, Alcohol

Cook
within 5
Days