



# UCOOK

## Braised Ostrich & Fig Salad

**with butter beans & Italian-style hard cheese**

Prepare to cook the dreamiest of dinners, Chef! Ostrich chunks are browned and gently simmered in a fragrant mix of star anise, cumin, allspice, cardamom pods, and tomato passata. Accompanied by parsley-laced butter beans and a dried fig & hard cheese ribbon salad.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Adventurous Foodie

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Paardenkloof Wines | Paardenkloof Ecology Shiraz

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## Ingredients & Prep

120g	Kale <i>rinse &amp; roughly shred</i>
450g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly dice 1½</i>
15ml	Spice Mix <i>(2 Star Anise, 2 Cardamom Pods, 7,5ml Allspice &amp; 7,5ml Ground Cumin)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
30g	Fresh Ginger <i>peel &amp; grate</i>
600ml	Tomato Passata
360g	Butter Beans <i>drain &amp; rinse</i>
8g	Fresh Parsley <i>rinse &amp; finely chop</i>
1	Lemon <i>rinse &amp; cut into wedges</i>
150g	Dried Figs <i>roughly chop</i>
60g	Italian-style Hard Cheese <i>peel into ribbons</i>

## From Your Kitchen

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

**1. SAUTE THE KALE** Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan and cover.

**2. BROWN THE OSTRICH** Pat the ostrich dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). Add the diced onions and fry until soft, 4-5 minutes. Add the spice mix and the grated garlic & ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the tomato passata and 450ml of water. Simmer until reduced and thickening, 20 minutes (shifting occasionally).

**3. PARSLEY BUTTER BEANS** While the sauce reduces, place a pan over medium-high heat. Add the drained butter beans and enough water to cover. Gently simmer, about 15 minutes. Drain the liquid and stir through ⅔ of the chopped parsley, the juice of 2 lemon wedges, a drizzle of olive oil, and seasoning. Set aside.

**4. ADD THE SWEETNESS** When the sauce has 2-3 minutes left, discard the cardamom pods and stir through ½ the chopped figs. Remove from the heat, add a sweetener, seasoning, and cover.

**5. SIMPLY STUNNING SALAD** In a bowl, combine the wilted kale, the juice of the remaining lemon wedges, the remaining figs and the cheese ribbons.

**6. BRAISE YOURSELF, IT'S GONNA BE DELICIOUS!** Spoon the butter beans & parsley onto a dish. Top with the braised ostrich and garnish with the remaining parsley. Side with the fig salad. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	339kJ
Energy	81kcal
Protein	5.5g
Carbs	10g
of which sugars	4.7g
Fibre	2.5g
Fat	2.2g
of which saturated	0.6g
Sodium	77mg

## Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days