



UCOOK

Ostrich & Mixed Berry Glaze

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

A berry delicious meal will soon be on your dinner table, Chef! A mixed berry & red wine sauce elevates this dish with fruity & sweet notes. This delicious liquid is drizzled over rosemary butter-basted 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: Rhea Hsu

Adventurous Foodie

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

10g	Almonds
125g	Mixed Berries
50ml	Red Wine
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Rosemary <i>rinse</i>
60g	Chickpeas <i>drain & rinse</i>
100g	Green Beans <i>rinse, trim & halve</i>
30g	Danish-style Feta <i>drain</i>
20g	Green Leaves <i>rinse</i>
160g	Free-range Ostrich Steak

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. BERRY & WINE SAUCE In a small saucepan, add the mixed berries, 10ml sweetener (to taste), the wine, the grated garlic, and ½ the rinsed rosemary. Using a potato masher or fork, lightly crush the berries to break their skins. Place over medium heat and simmer until slightly reduced, 7-8 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, and the rinsed leaves. Toss to combine and set aside.

6. TENDER OSTRICH Return the pan to medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When hot, sear the steak until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with the remaining rosemary and a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

7. DISH UP! Plate up the ostrich slices and drizzle over the mixed berry glaze. Side with the chickpea and green bean salad and garnish with the remaining almonds.

Nutritional Information

Per 100g

Energy	424kJ
Energy	101kcal
Protein	7.1g
Carbs	11g
of which sugars	4.4g
Fibre	1.9g
Fat	2.8g
of which saturated	0.6g
Sodium	53mg

Allergens

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

Eat
Within
4 Days