



UCOOK

Italian Panzanella Ostrich Salad

with bocconcini balls & baby tomatoes

It's homemade croutons - Tuscan style! This super tasty bread salad is an essential summer recipe and features buttery sourdough croutons, tangy baby tomatoes, NOMU Italian Rub-spiced ostrich strips, briny green olives, creamy bocconcini cheese balls, & fresh basil. Finished with olive oil & balsamic vinegar.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

Painted Wolf Wines | The Pack Blacktip
Mourvèdre

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Sourdough Baguettes <i>tear into small chunks</i>
30ml	NOMU Italian Rub
450g	Free-range Ostrich Strips
90ml	Balsamic Vinegar
60g	Green Leaves <i>rinse</i>
150g	Cucumber <i>rinse & roughly chop into bite-sized pieces</i>
240g	Baby Tomatoes <i>rinse & halve</i>
60g	Pitted Green Olives <i>drain</i>
9	Bocconcini Balls <i>drain & halve</i>
8g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil, ½ the NOMU rub, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

2. O-YUM OSTRICH While the croutons are toasting, place a second pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich with the remaining NOMU rub until browned, 1-2 minutes (shifting occasionally). Remove from the pan, cut into bite-sized pieces, and season. You may need to do this step in batches.

3. ASSEMBLE THE SALAD In a salad bowl, combine the balsamic vinegar with a generous drizzle of olive oil and seasoning. Toss through the rinsed green leaves, the cucumber pieces, the halved tomatoes, the drained olives, the toasted croutons, and the ostrich pieces.

4. LIPSMACKING PANZANELLA SALAD Plate up the panzanella salad. Scatter over the halved bocconcini balls and garnish with the picked basil.

Nutritional Information

Per 100g

Energy	678kJ
Energy	162kcal
Protein	10.3g
Carbs	17g
of which sugars	2.5g
Fibre	1.8g
Fat	5.8g
of which saturated	2.1g
Sodium	321.3mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days