

U COOK

Ostrich & Garlicky Green Beans

with glazed baby carrots & goat's cheese

Hands-on Time: 20 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	369kJ 88kcal	1756kJ 420kcal
Protein	9.2g	43.7g
Carbs	8g	38g
of which sugars	5g	24g
Fibre	2g	9g
Fat	2.4g	11.3g
of which saturated	1.1g	5.3g
Sodium	71.5mg	340.4mg

Allergens: Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

120g	240g	Baby Carrots <i>rinse & trim</i>
50g	100g	Kale <i>rinse & roughly shred</i>
25ml	50ml	Orange Glaze <i>(15ml [30ml] Orange Juice & 10ml [20ml] Honey)</i>
80g	160g	Green Beans <i>rinse & trim</i>
1	2	Garlic Clove/s <i>peel & grate</i>
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU One For All Rub
25g	50g	Chevin Goat's Cheese

1. CARROTS & KALE Place the kale in a bowl and coat in cooking spray. Using your hands, gently massage until softened and set aside. Place a pan over a medium-high heat. When hot, add the carrots and lightly coat in cooking spray. Fry until lightly golden and cooked through, 6-8 minutes (shifting occasionally). In the final 2-3 minutes, add the kale and cook until wilted. Baste with the orange glaze. Remove from the heat and season.

2. BEANS While the carrots are on the go, place a pan over medium-high heat. When hot, add the green beans and lightly coat in cooking spray. Fry until lightly charred, 4-5 minutes. Add the garlic and fry until fragrant, 20-30 seconds. Remove from the pan and season.

3. STEAK Return the pan, wiped down, to medium-high heat. Pat the ostrich dry with paper towel, lightly coat in cooking spray and coat with the NOMU rub. Sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT Dish up the carrot and kale salad, crumble the goat's cheese over, and side with the garlicky green beans, and the ostrich steak. Dig in, Chef!

From Your Kitchen

Water

Paper Towel

Seasoning (salt & pepper)

Cooking Spray