



UCCOOK

Baby Marrow & Ostrich Salad

with radish & tomato salad

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	280kj	1626kj
Energy	67kcal	389kcal
Protein	6.6g	38.3g
Carbs	4g	23g
of which sugars	1g	8g
Fibre	1g	8g
Fat	2.8g	16.5g
of which saturated	0.8g	4.9g
Sodium	73mg	427mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
450g	600g	Free-range Ostrich Chunks
15ml	20ml	NOMU One For All Rub
60g	80g	Radish <i>rinse & slice into thin rounds</i>
45ml	60ml	Red Wine Vinegar
240g	320g	Baby Tomatoes <i>rinse & cut into half</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. **BABY MARROW** Place a pan over medium heat with some cooking spray or a drizzle of oil. When hot, fry the baby marrow and the pepper until charred, 5-6 minutes. Remove from the pan and season.

2. **PARSLEY YOGHURT** In a bowl, combine the yoghurt with ½ the parsley. Add seasoning and loosen with water in 5ml increments until drizzling consistency. Set aside.

3. **NOMU-SPICED OSTRICH** Place a pan over medium-high heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray or oil (optional), and the NOMU rub. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

4. **RADISH SALAD** In a bowl, combine the vinegar, radish and tomato. Give it a toss. Add the salad leaves and baby marrow, season and toss to combine.

5. **OM NOM NOM** Serve the dressed salad up as a base and top with the ostrich. Drizzle over the parsley yoghurt and garnish with the remaining parsley.