

UCCOOK

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	380kj	1696kj
Energy	91kcal	406kcal
Protein	9.5g	42.4g
Carbs	8g	36g
of which sugars	5g	24g
Fibre	2g	7g
Fat	2.4g	10.6g
of which saturated	1.2g	5.3g
Sodium	70.7mg	315.5mg

Allergens: Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

120g	240g	Baby Carrots <i>rinse & trim</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
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
25g	50g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. CARROTS Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the carrots until lightly golden and cooked through, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, 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 with a drizzle of oil. When hot, fry the green beans 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 with a drizzle of oil. Pat the ostrich dry with paper towel 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. JUST BEFORE SERVING In a salad bowl, combine the carrots with all the pan juices, and the leaves.

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