



Eat Within 4 Days

UCCOOK

Greek Ostrich Salad

with croutons & chickpeas

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	512kJ	2522kJ
Energy	122kcal	604kcal
Protein	9.5g	46.6g
Carbs	9g	43g
of which sugars	1.2g	6g
Fibre	1.5g	7.3g
Fat	4.8g	23.5g
of which saturated	1.6g	8g
Sodium	117mg	576mg

Allergens: Cow's Milk, Gluten, Wheat

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
450g	600g	Free-range Ostrich Chunks
125ml	160ml	Low Fat Plain Yoghurt
150g	200g	Cucumber <i>rinse & roughly chop</i>
2	2	Tomatoes <i>rinse & roughly chop</i>
60g	80g	Danish-style Feta <i>drain</i>
60g	80g	Salad Leaves <i>rinse & finely shred</i>
90g	120g	Croutons

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry the coated chickpeas at 200°C until crispy, 10-15 minutes (shifting halfway).

2. O-YUM OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel, and cut it into bite-sized chunks. Sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. YOGHURT DRESSING & SALAD In a bowl, combine the yoghurt, and loosen with a splash of water. Season. In a separate bowl, combine the cucumber, the tomato, the feta, the salad leaves, the chickpeas, a drizzle of olive oil and seasoning.

4. DIG IN! Make a bed of the chickpea salad, top with the croutons and the fried ostrich, and drizzle over the yoghurt. Enjoy.