

UCCOOK

Zingy Balsamic Salad & Ostrich

with crispy chickpeas

Hands-on Time: 25 minutes

Overall Time: 35 minutes

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

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	324kJ	1806kJ
Energy	78kcal	432kcal
Protein	7.3g	40.5g
Carbs	6g	34g
of which sugars	3g	15g
Fibre	2g	9g
Fat	1.4g	7.6g
of which saturated	0.4g	2g
Sodium	155.7mg	867.2mg

Allergens: Allium, Sesame, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Balsamic Vinegar
3g	5g	Fresh Oregano <i>rinse, pick & finely chop</i>
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	2	Tomato/es <i>rinse & cut into thin wedges</i>
60g	120g	Chickpeas <i>drain & rinse</i>
10ml	20ml	Old Stone Mill Everything Bagel Spice Blend
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU Italian Rub
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. BALSAMIC T&O In a bowl, combine the balsamic vinegar, the oregano, the onion and the tomato and set aside to pickle. Drain right before serving.

2. CRISPY CHICKPEAS Place a pan over medium heat. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). In the final 1-2 minutes, add the Everything bagel spice. If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and set aside.

3. NOMU-SPICED OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. PLATE UP AND DIG IN Grab your plate and make a bed of the green leaves, top with the cucumber, the marinated veg and the crispy chickpeas. Side with your tasty ostrich slices. Get munching, Chef!