

# UCCOOK

## Rosemary Ostrich & Creamy Spinach

with roasted carrot & a fresh salad

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 320kj    | 1960kj      |
| Energy             | 77kcal   | 469kcal     |
| Protein            | 6.6g     | 40.2g       |
| Carbs              | 6g       | 36g         |
| of which sugars    | 3g       | 18g         |
| Fibre              | 2g       | 11g         |
| Fat                | 3g       | 18.2g       |
| of which saturated | 1.1g     | 7g          |
| Sodium             | 210mg    | 1286mg      |

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None



Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 240g     | 480g       | Carrot<br><i>rinse, trim &amp; cut into bite-sized pieces on the diagonal</i> |
| 5ml      | 10ml       | NOMU Roast Rub  |
| 5g       | 10g        | Walnuts<br><i>roughly chop</i>  |
| 150g     | 300g       | Free-range Ostrich Fillet   |
| 5ml      | 10ml       | Dried Rosemary  |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>                                     |
| 100g     | 200g       | Spinach<br><i>rinse</i>   |
| 50ml     | 100ml      | Sour Cream  |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>  |
| 20g      | 40g        | Radish<br><i>rinse &amp; slice into thin rounds</i>                           |
| 10ml     | 20ml       | Lemon Juice   |

## From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

**1. ROAST VEG** Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway.)

**2. TOASTED NUTS** Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. ROSEMARY STEAK** Return the pan to medium-high heat with cooking spray or oil (optional). 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, add the rosemary (to taste). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. CREAMY SPINACH** Return the pan to medium heat with cooking spray or oil (optional). Fry the garlic until fragrant, 30-60 seconds. Mix in the spinach and cook until wilted, 2-3 minutes. Remove from the heat, mix in the sour cream and loosen with a splash of warm water if it's too thick. Season.

**5. SOME FRESHNESS** In a salad bowl, combine the green leaves, the radish, the nuts, the lemon juice (to taste), and season.

**6. DINNER IS READY** Dish up the roasted carrots, side with the creamy spinach, and the ostrich slices. Serve alongside the fresh salad. Cheers, Chef!

**Chef's Tip** Creamy spinach is best enjoyed warm, so cover with a lid to keep it warm.