

UCOOK

Baby Marrow & Ostrich Mince Bake

with a spinach & pea salad

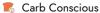
Succulent ostrich mince is cooked down with tomato and onion to create a rich base for this dinner winner! Once ready, the mince is topped with sliced baby marrow to create not only a delicious dish, but a beautiful one too!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: |eannette |oynt



Waterford Estate | Waterford Pecan Stream Pebble Hill 2021

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Ing	redie	nts	&	Pr	ер

2

60ml

160g

800g

40ml NOMU Beef Stock

Onions

peeled & roughly diced

NOMU Provençal Rub

4 Garlic Cloves

20ml Tomato Paste

600g Free-range Ostrich Mince

400g Cooked Chopped Tomato 200g Peas

> Spinach rinsed

Baby Marrow rinsed, trimmed & sliced into rounds

15g Fresh Oregano rinsed & finely chopped

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper Water

* valei

Sugar/Sweetener/Honey

1. DID YOU MINCE ME? Preheat the oven to 200°C. Boil the kettle. Dilute the stock in 400ml boiling water. Place a pan over a medium heat

with a drizzle of oil. When hot, add the diced onion, grated garlic, the rub, and the tomato paste and fry for 6-8 minutes until the onions are soft and translucent, shifting occasionally. Add the ostrich mince and work

quickly to break it up as it starts to cook. Allow to caramelise for 5-6 minutes until browned, stirring occasionally. Add the cooked chopped tomato, the diluted stock and a sweetener of choice (to taste). Mix until

fully combined. Reduce the heat and leave to simmer for 10-12 minutes until slightly reduced and thickened, stirring occasionally. Season to taste.

2. ASSEMBLE THE VEG When the mince mixture has 5 minutes remaining add ½ the peas and ½ the rinsed spinach. On completion

remaining, add ½ the peas and ½ the rinsed spinach. On completion, the mixture should be slightly reduced and the spinach should be wilted. On completion, place in an ovenproof dish and spread out in an even layer. Top with the baby marrow rounds, creating whatever pattern you like! Make sure the entire surface of the mince is covered. Pop in the hot oven and bake for 20-25 minutes until the baby marrow is tender and golden brown. Just before serving, toss the remaining peas and spinach with a drizzle of oil and seasoning.

3. WOWZERS! Plate up a generous helping of the ostrich & marrow bake. Side with the green salad and sprinkle over the chopped oregano. Warm, comforting and absolutely delish!

Nutritional Information

Per 100g

Energy 300kl Energy 72kcal Protein 6.6g Carbs 6g of which sugars 2.9g Fibre 2.1g Fat 2.3g of which saturated 0.6g 250mg Sodium

Allergens

Allium

Cook within 4 Days