

Eat Within 3 Days

UCOOK

Italian Panzanella Ostrich Salad

with bocconcini balls & baby tomatoes

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	502kJ	2125kJ
Energy	120kcal	508kcal
Protein	10.5g	44.5g
Carbs	8g	35g
of which sugars	2g	8.6g
Fibre	1.3g	5.4g
Fat	4.8g	20.4g
of which saturated	2.1g	8.8g
Sodium	246mg	1041mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Fillet
10ml	20ml	NOMU Italian Rub
30ml	60ml	Balsamic Vinegar
20g	40g	Salad Leaves *rinse & roughly shred*
50g	100g	Cucumber *rinse & roughly dice*
80g	160g	Baby Tomatoes *rinse & halve*
20g	40g	Pitted Green Olives *drain & roughly chop*
30g	60g	Croutons
3	6	Bocconcini Balls *drain & halve*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

1. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil and a knob of butter. Pat the ostrich dry with paper towel, cut into bite-sized chunks, coat with the NOMU rub and season. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan.

2. ASSEMBLE THE SALAD In a salad bowl, combine the balsamic vinegar with a generous drizzle of olive oil and seasoning. Toss through the salad leaves, cucumber, tomatoes, olives, croutons, and the ostrich.

3. LIPSMACKING PANZANELLA SALAD Plate up the panzanella salad and scatter over the bocconcini balls.

Chef's Tip Green olives are simply unripe olives they turn darker as they ripen!