

QCOOK

Baby Marrow & Ostrich Salad

with cucumber & avocado

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	312kJ	1983kJ
Energy	75kcal	475kcal
Protein	6.8g	42.8g
Carbs	4g	26g
of which sugars	2g	10g
Fibre	2g	12g
Fat	3.7g	23.6g
of which saturated	0.8g	5g
Sodium	60.7mg	386.4mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Roast Rub
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
45ml	60ml	Red Wine Vinegar
3	4	Tomatoes <i>rinse & cut into thin wedges</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. BABY MARROW Place a pan over medium heat with some cooking spray or a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. Remove from the pan and season.

2. PARSLEY YOGHURT In a bowl, combine the yoghurt with ½ the parsley. Add seasoning and loosen with water in 5ml increments until drizzling consistency. Set aside.

3. NOMU-SPICED OSTRICH Place a pan over medium-high heat with cooking spray or 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 the ostrich with the NOMU rub. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

4. AVO SALAD In a bowl, combine the avocado, vinegar, cucumber and tomato. Give it a toss. Add the salad leaves and baby marrow, season and toss to combine.

5. OM NOM NOM Serve the dressed salad up as a base and top with the ostrich slices. Drizzle over the parsley yoghurt and garnish with the remaining parsley.