

UCOOK

Chimichurri Baby Marrow Salad & Ostrich

with peas, sunflower seeds & Danish-style feta

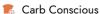
This dish is perfect for warm, summer nights! Juicy ostrich fillet is basted in NOMU Italian Rub and butter. Served with the ultimate salad of ribboned baby marrow, peas, fresh leaves and crumbly feta tossed in a lemony chimichurri dressing.

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Rhea Hsu



Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100g Peas

20ml

Pesto Princess Chimichurri Sauce

15ml Lemon Juice

400g Baby Marrow rinsed, trimmed & peeled into ribbons

20g Sunflower Seeds

80g Green Leaves rinsed & roughly shredded

Danish-style Feta

Free-range Ostrich Fillet

10ml NOMU Italian Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

60g

300g

Paper Towel

Butter

- **1. PLUMP IT UP** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.
- 2. KEEPING IT FRESH In a salad bowl, combine the chimichurri, a drizzle of oil, the lemon juice, and seasoning. Add the baby marrow ribbons, the plumped peas, ½ the sunflower seeds, and the shredded green leaves. Crumble in the drained feta and toss to combine.
- 3. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.
- **4. DIG IN!** Plate up the juicy ostrich slices drizzled with any reserved pan juices. Serve with the baby marrow & chimichurri salad and sprinkle over the rest of the sunflower seeds. Cheers, Chef!



If you would like to toast your sunflower seeds, place them in a pan over medium heat for 2-3 minutes.

Nutritional Information

Per 100g

Energy	399kI
Energy	97kcal
Protein	9.5g
Carbs	5g
of which sugars	2.4g
Fibre	2.1g
Fat	4.6g
of which saturated	1.6g
Sodium	143mg

Allergens

Dairy, Allium, Sulphites

Cook within 4 Days