UCOOK

Dried Fig, Zucchini & Ostrich Salad

with charred baby marrow

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	428kJ	1757kJ
Energy	102kcal	420kcal
Protein	10.2g	41.9g
Carbs	7g	30g
of which sugars	5.6g	22.9g
Fibre	1.6g	6.6g
Fat	3.9g	16.2g
of which saturated	1.3g	5.4g
Sodium	127mg	521mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Almonds
450g	600g	Baby Marrow *rinse, trim & cut into bite-sized pieces*
2	2	Spring Onions *rinse, trim & finely slice, keeping the white & green parts separate*
45ml	60ml	Sweet Vinegar *(15ml [20ml] Honey & 30ml [40ml] Vinegar)*
450g	600g	Free-range Ostrich Fillet
30ml	40ml	NOMU One For All Rub
60g	80g	Salad Leaves *rinse & shred*
60g	80g	Dried Figs *roughly tear*
60g	80g	Danish-style Feta *drain*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. NUTS, VEG & SWEET VINEGAR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the spring onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet vinegar.

2. NOMU-SPICED OSTRICH Place a clean 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 and set aside to rest for 5 minutes before slicing and seasoning.

3. BEAUTIFUL SALAD Just before serving, toss the salad leaves, the figs, ½ the nuts, and the feta through the spring onions and baby marrows along with a drizzle of olive oil and seasoning.

4. WHAT A PLATE! Plate up the charred baby marrow salad and serve alongside the ostrich. Scatter over the remaining nuts.