



UCOOK

Radiant Ostrich Salad

with piquanté peppers, roast butternut & an orange-mustard vinaigrette

Warm roast veg, nourishing meat, and invigorating tang – a perfect autumn pick-me-up! Crisp butternut and butter beans, pan-fried ostrich, sesame seeds, and cranberries; all atop a fresh salad dressed with orange juice, mustard, and balsamic vinegar.

Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Discovery

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Pinotage

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

Ingredients & Prep

1kg	Butternut <i>peeled & cut into bite-sized chunks</i>
240g	Butter Beans <i>drained & rinsed</i>
2	Red Onions <i>peeled & finely sliced</i>
90ml	Orange Vinaigrette <i>(10ml Wholegrain Mustard, 40ml Orange Juice & 40ml Balsamic Vinegar)</i>
40ml	White Sesame Seeds
600g	Free-range Ostrich Goulash
160g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>sliced into thin half-moons</i>
80g	Mild Piquanté Peppers <i>drained & roughly chopped</i>
40g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. BUTTERY BEANS & BUTTERY SQUASH Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 35-40 minutes. Place the drained butter beans on a separate roasting tray, coat in oil, and season. Spread out in a single layer and set aside.

2. PICKLE THE ONION & TOAST THE SEEDS Place the sliced onion in a bowl and pour over the vinaigrette. Season to taste, toss to coat, and set aside to pickle. Place the sesame seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Keep a close eye on them, they burn easily. Remove from the pan on completion and set aside to cool.

3. IT'S THE HALFWAY MARK! When the butternut reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of beans and cook for the remaining roasting time. On completion, the beans should be crisping up and the butternut should be cooked through and caramelised.

4. JUICY OSTRICH GOULASH When the roast veg has 10 minutes remaining, drain any liquid from the ostrich packaging and pat the meat dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 7-8 minutes until browned and cooked through, shifting as it colours. Remove from the pan on completion and season. You may need to do this step in batches to avoid overcrowding the pan. Allow to rest for 2-3 minutes before serving.

5. FINISHING TOUCHES Drain the vinaigrette from the pickled onion into a separate bowl. Mix in 2 tbsp of olive oil until well combined. Place the rinsed salad leaves, cucumber half-moons, and chopped piquanté peppers in a salad bowl. Drizzle over the dressing to taste and toss to coat.

6. FOOD, GLORIOUS FOOD! In shallow bowls, pile up some tangy salad and cover in roast butternut and butter beans. Scatter over the pickled onion and ostrich goulash. Finish off with sprinklings of toasted sesame seeds and dried cranberries. Drizzle over any remaining dressing if you'd like. Delish!



Chef's Tip

To make the dressing, when you get to step 5, you can drain the vinaigrette into a clean jar instead of a bowl. Add in the oil, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing more successfully than mixing it in a bowl!

Nutritional Information

Per 100g

Energy	316kJ
Energy	76Kcal
Protein	6.1g
Carbs	9g
of which sugars	3g
Fibre	2g
Fat	1.4g
of which saturated	0.3g
Sodium	56mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days