

# UCOOK

## Ostrich, Berry & Green Salad

with butternut & beetroot crisps

Prepare to be amazing, Chef, when you make our wonderfully Wonka-licious salad with browned ostrich, shredded cabbage, oven-roasted butternut rounds, and berry delicious pops of blueberries, drizzled with a delightful lemon crème fraîche sauce and topped with beetroot crisps for crunch.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

250g	Butternut
100g	Cabbage
125g	Blueberries
20g	Green Leaves
15ml	Lemon Juice
30ml	Crème Fraîche
150g	Ostrich Chunks
5ml	NOMU BBQ Rub
40g	Rootstock Beetroot Crisps

## From Your Kitchen

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

**1. NUTTERBUT** Preheat the oven to 200°C. Rinse, deseed, peel (optional) and cut the butternut into half-moons. Spread the half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. A SALAD BALLAD** Rinse the cabbage, the blueberries, and the green leaves. Finely shred the rinsed cabbage and roughly shred the rinsed leaves. In a bowl, combine the shredded cabbage, the shredded leaves, the blueberries, the butternut half-moons, ½ the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

**3. KEEP IT FRAICHE** In a small bowl, combine the crème fraîche with the remaining lemon juice and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**4. SCRUMPTIOUS OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel and cut into bite-sized pieces. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan, reserving any pan juices, season, and set aside.

**5. ADD THE CRUNCH** Crumble ½ the beetroot crisps into the blueberry & cabbage salad and mix to combine. Crumble the rest into a small bowl and set aside.

**6. MAKE IT MARVELOUS** Plate up the crunchy berry & cabbage salad topped with the BBQ ostrich, drizzled with any reserved pan juices. Drizzle over the lemon crème fraîche and garnish with the remaining crumbled crisps.



## Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	434kJ
Energy	104kcal
Protein	6g
Carbs	11g
of which sugars	5.5g
Fibre	2.1g
Fat	3.8g
of which saturated	1.9g
Sodium	61mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days