



# UCOOK

## Ostrich Fillet & Garlicky Green Beans

with glazed baby carrots & goat's cheese

Orange & honey-glazed carrots sit glistening in a salad with fresh greens and crumbly goat's cheese. Completing the plate are the beautifully charred garlic green beans and slices of seared ostrich fillet, spiced with NOMU One For All Rub.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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\*New Calorie Conscious

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## Ingredients & Prep

|      |                                                             |
|------|-------------------------------------------------------------|
| 240g | Baby Carrots<br><i>rinse &amp; trim</i>                     |
| 50ml | Orange Glaze<br><i>(30ml Orange Juice &amp; 20ml Honey)</i> |
| 160g | Green Beans<br><i>rinse &amp; trim</i>                      |
| 2    | Garlic Cloves<br><i>peel &amp; grate</i>                    |
| 300g | Free-range Ostrich Fillet                                   |
| 10ml | NOMU One For All Rub                                        |
| 40g  | Salad Leaves<br><i>rinse &amp; roughly shred</i>            |
| 50g  | Chevin Goats Cheese                                         |

## From Your Kitchen

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

**1. CARROTS** Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the rinsed carrots until lightly golden and cooked through, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, baste with the orange glaze. Remove from the heat and season.

**2. BEANS** While the carrots are on the go, place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until lightly charred, 4-5 minutes. Add the grated garlic and fry until fragrant, 20-30 seconds. Remove from the pan and season.

**3. FILLET** Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat with the NOMU rub. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. JUST BEFORE SERVING** In a salad bowl, combine the carrots with all the pan juices, and the shredded leaves.

**5. TIME TO EAT** Dish up the carrot salad, crumble the goat's cheese over, and side with the garlicky green beans, and the ostrich steak. Dig in, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 335kj  |
| Energy             | 80kcal |
| Protein            | 8.7g   |
| Carbs              | 9g     |
| of which sugars    | 6g     |
| Fibre              | 2g     |
| Fat                | 1.2g   |
| of which saturated | 0.4g   |
| Sodium             | 64.6mg |

## Allergens

Allium

Eat  
Within  
3 Days