



UCOOK

Radiant Ostrich Salad

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

Fresh flavour and invigorating tang – perfect for the end of summer! Roast butternut and butter beans topped with pan-fried ostrich strips, hemp seeds, and cranberries. All atop a crisp salad dressed with an orange and mustard vinaigrette.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Vitality HealthyFood Studio Executive Chef
Dereck Nair



Health Nut

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



Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
60g	Butter Beans <i>drained & rinsed</i>
1	Red Onion <i>one half peeled & finely sliced</i>
22,5ml	Orange Vinaigrette <i>(2,5ml Wholegrain Mustard, 10ml Orange Juice & 10ml Balsamic Vinegar)</i>
10ml	Hemp Hearts
150g	Free-range Ostrich Strips
40g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>sliced into thin half-moons</i>
20g	Piquanté Peppers <i>drained & roughly chopped</i>
10g	Dried Cranberries <i>roughly chopped</i>

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 pieces on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained butter beans in a bowl, coat in oil and seasoning, and set aside.

2. PICKLE THE ONION & TOAST THE HEMP HEARTS Place the sliced onion in a bowl and pour over the vinaigrette. Season, toss to coat, and set aside to pickle. Place the hemp hearts in a pan over a medium heat. Toast for 1-2 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. YOU'RE HALFWAY! When the butternut reaches the halfway mark, remove from the oven and give a shift. Scatter over the dressed beans, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the beans should be crisping up and the butternut should be cooked through and caramelised.

4. JUICY OSTRICH STRIPS When the roast has 5 minutes remaining, drain any liquid from the ostrich packaging and pat the strips dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 4-5 minutes until browned and cooked through. Season on completion and remove from the pan. Allow to rest for 2-3 minutes before serving.

5. FINISHING TOUCHES Drain the vinaigrette from the onion into a separate bowl. Mix in 1 tsp 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 a shallow bowl, make a mound of dressed salad and pile on the roast butternut and butter beans. Scatter over the pickled onion and the chopped dried cranberries. Lay over the ostrich strips and finish off with a scattering of toasted hemp hearts. Drizzle over any remaining dressing if you'd like. Delish!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	318kJ
Energy	76Kcal
Protein	6.2g
Carbs	9g
of which sugars	3g
Fibre	1.9g
Fat	1.4g
of which saturated	0.3g
Sodium	53.3mg

Allergens

Allium, Sulphites

Cook
within
4 Days