



UCCOOK

Smoky Ostrich & Garlic Bread

with a tomato, baby onion & parsley salsa

Savour the beautiful flavours of Spain with a unique South African twist. A homemade garlic & parsley baguette sides Spanish-spiced and butter-basted ostrich. Dish up the pan-fried charred peppers, the tangy tomato & golden onion salsa, and 'Buen provecho!'


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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

Ingredients & Prep

1	Garlic Clove <i>peel & grate</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	Sourdough Baguette
2	Pearled Baby Onions <i>peel & thinly slice into rounds</i>
1	Tomato <i>rinse & roughly dice</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into thick strips</i>
150g	Ostrich Chunks
5ml	NOMU Spanish Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Tinfoil
Sugar/Sweetener/Honey

1. GORGEOUS GARLIC BAGUETTE Preheat the oven to 200°C. In a small bowl, combine the grated garlic, ½ the chopped parsley, and 20ml of olive oil. Cut 4-5 incisions along the top of the baguette - don't cut all the way through! Smear each incision with the garlic oil. Set aside.

2. LET'S DO SOME PREP Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until lightly golden, 3-4 minutes (shifting occasionally). In a bowl, combine the diced tomato, the golden onion, the remaining parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside. Wrap the stuffed baguette in tinfoil, place on a baking tray, and pop in the hot oven. Bake until warmed through, 15-20 minutes. In the final 2-3 minutes, remove the tinfoil and bake until crisp.

3. CHARRED VEG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BUTTERY OSTRICH Return the pan to 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 (shifting occasionally). In the final 1 minute, baste with a knob of butter and the NOMU Rub. Remove from the pan and season.

5. SPANISH SENSATION Plate up the Spanish-spiced ostrich and the garlic bread. Side with the charred peppers and the tomato salsa. Dig in, Chef!

Nutritional Information

Per 100g

Energy	455kj
Energy	109kcal
Protein	8.4g
Carbs	16g
of which sugars	3.2g
Fibre	1.5g
Fat	1.4g
of which saturated	0.4g
Sodium	191mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within
4 Days