



UCOOK

Baby Marrow & Ostrich Mince Bake

with a spinach & pea salad

Succulent ostrich mince is cooked down with tomato and onion to create a rich base for this dinner winner! Once ready, the mince is topped with sliced baby marrow to create not only a delicious dish, but a beautiful one too!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

10ml	NOMU Beef Stock
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove
15ml	NOMU Provençal Rub
5ml	Tomato Paste
150g	Free-range Ostrich Mince
100g	Cooked Chopped Tomato
50g	Peas
40g	Spinach <i>rinsed</i>
200g	Baby Marrow <i>rinsed, trimmed & sliced into rounds</i>
4g	Fresh Oregano <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. DID YOU MINCE ME? Preheat the oven to 200°C. Boil the kettle. Dilute the stock in 100ml boiling water. Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion, grated garlic, the rub, and the tomato paste and fry for 3-4 minutes until the onions are soft and translucent, shifting occasionally. Add the ostrich mince and work quickly to break it up as it starts to cook. Allow to caramelise for 3-4 minutes until browned, stirring occasionally. Add the cooked chopped tomato, the diluted stock and a sweetener of choice (to taste). Mix until fully combined. Reduce the heat and leave to simmer for 8-10 minutes until slightly reduced and thickened, stirring occasionally. Season to taste.

2. ASSEMBLE THE VEG When the mince mixture has 5 minutes remaining, add ½ the peas and ½ the rinsed spinach. On completion, the mixture should be slightly reduced and the spinach should be wilted. On completion, place in an ovenproof dish and spread out in an even layer. Top with the baby marrow rounds, creating whatever pattern you like! Make sure the entire surface of the mince is covered. Pop in the hot oven and bake for 20-25 minutes until the baby marrow is tender and golden brown. Just before serving, toss the remaining peas and spinach with a drizzle of oil and seasoning.

3. WOWZERS! Plate up a generous helping of the ostrich & marrow bake. Side with the green salad and sprinkle over the chopped oregano. Warm, comforting and absolutely delish!

Nutritional Information

Per 100g

Energy	300kj
Energy	72kcal
Protein	6.6g
Carbs	6g
of which sugars	2.9g
Fibre	2.1g
Fat	2.3g
of which saturated	0.6g
Sodium	250mg

Allergens

Allium

Cook
within
4 Days