



# UCOOK

## Ostrich Crouton Salad

with carrot ribbons & green leaves

Evolving from the French word 'croûton', which means 'crust', croutons are delightful cubes of buttery, toasted bread that immediately elevate any salad - like this oh-so-tasty ostrich salad. Butter-basted ostrich slices & golden croutons lie on a bed of carrot ribbons, tangy tomato & fresh greens, which are dressed in a sweet-vinegar dressing. Keep calm and crouton!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Morgan Otten

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 Simple & Save

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 Strandveld | First Sighting Shiraz

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## Ingredients & Prep

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1	Burger Bun <i>½ cut into bite-sized chunks</i>
320g	Ostrich Steak
20ml	Red Wine Vinegar
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
120g	Carrot <i>rinsed, trimmed, &amp; peeled into ribbons</i>

## From Your Kitchen

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

**1. CRISPY CROUTONS** Toss the bread chunks in a drizzle of olive oil, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**2. OH 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 per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**3. SCRUMPTIOUS SALAD** In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, seasoning, the shredded leaves, the diced tomato, and the carrot ribbons.

**4. DIG IN** Plate up the dressed salad. Top with the sliced ostrich and the crispy croutons. Your feast awaits!



## Chef's Tip

Air fryer method: Coat the bread chunks in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

## Nutritional Information

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Per 100g

Energy	437kJ
Energy	105kcal
Protein	9.3g
Carbs	13g
of which sugars	3.1g
Fibre	1.8g
Fat	1.6g
of which saturated	0.5g
Sodium	89mg

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## Allergens

Gluten, Dairy, Sesame, Wheat,  
Sulphites

Cook  
within 3  
Days