

# UCCOOK

## Baby Marrow & Ostrich Salad

with cucumber & avocado

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	308kJ	1949kJ
Energy	74kcal	466kcal
Protein	6.8g	42.8g
Carbs	4g	24g
of which sugars	2g	10g
Fibre	2g	12g
Fat	3.7g	23.5g
of which saturated	0.8g	5g
Sodium	26.9mg	170.5mg

**Allergens:** Cow's Milk, Allium, Sulphites

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU Roast Rub
1	1	Avocado
15ml	30ml	Red Wine Vinegar
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
1	1	Tomato <i>rinse &amp; cut into thin wedges</i>
20g	40g	Green Leaves <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. BABY MARROW** Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. Remove from the pan and season.

**2. PARSLEY YOGHURT** In a bowl, combine the yoghurt with ½ the parsley. Add seasoning and loosen with water in 5ml increments until drizzling consistency. Set aside.

**3. NOMU-SPICED OSTRICH** Place a pan over 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, spice the ostrich with the NOMU rub. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

**4. AVO SALAD** Halve the avocado, remove the pip, and peel the skin off, keeping the flesh intact. Roughly dice one half **[both halves]** of the avocado. Place into a bowl and toss with the vinegar. Add the cucumber, the tomato wedges, the salad leaves, the charred baby marrow, and seasoning and toss to combine. Set aside.

**5. OM NOM NOM** Serve the dressed salad up as a base and top with the ostrich slices. Drizzle over the parsley yoghurt and garnish with the remaining parsley.