



UCOOK

Chimichurri Baby Marrow Salad & Ostrich

with peas, sunflower seeds & Danish-style feta


This dish is perfect for warm, summer nights! Juicy ostrich fillet is basted in NOMU Italian Rub and butter. Served with the ultimate salad of ribboned baby marrow, peas, fresh leaves and crumbly feta tossed in a lemony chimichurri dressing.


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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

Ingredients & Prep

| | |
|-------|---|
| 50g | Peas |
| 10ml | Pesto Princess Chimichurri Sauce |
| 7,5ml | Lemon Juice |
| 200g | Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i> |
| 10g | Sunflower Seeds |
| 40g | Green Leaves <i>rinsed & roughly shredded</i> |
| 30g | Danish-style Feta <i>drained</i> |
| 150g | Free-range Ostrich Fillet |
| 5ml | NOMU Italian Rub |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. PLUMP IT UP Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

2. KEEPING IT FRESH In a salad bowl, combine the chimichurri, a drizzle of oil, the lemon juice, and seasoning. Add the baby marrow ribbons, the plumped peas, ½ the sunflower seeds, and the shredded green leaves. Crumble in the drained feta and toss to combine.

3. 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, baste with a knob of butter and the NOMU rub. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

4. DIG IN! Plate up the juicy ostrich slices drizzled with any reserved pan juices. Serve with the baby marrow & chimichurri salad and sprinkle over the rest of the sunflower seeds. Cheers, Chef!



Chef's Tip

If you would like to toast your sunflower seeds, place them in a pan over medium heat for 2-3 minutes.

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 399kj |
| Energy | 97kcal |
| Protein | 9.5g |
| Carbs | 5g |
| of which sugars | 2.4g |
| Fibre | 2.1g |
| Fat | 4.6g |
| of which saturated | 1.6g |
| Sodium | 143mg |

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days