



UCOOK

Rosemary Ostrich & Creamy Spinach

with roasted carrot & a fresh salad

Rosemary is a fail-safe flavour profile for oven-roasted veggies. Used to infuse tastiness into golden carrots, together with NOMU Roast Rub, these are dished up with a delectable creamed spinach and pan-seared ostrich slices. Served with a zesty radish salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

240g	Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
5ml	NOMU Roast Rub
5g	Walnuts <i>roughly chop</i>
160g	Free-range Ostrich Steak
3g	Fresh Rosemary <i>rinse</i>
1	Garlic Clove <i>peel & grate</i>
100g	Spinach <i>rinse</i>
50ml	Sour Cream
20g	Green Leaves <i>rinse</i>
20g	Radish <i>rinse & slice into thin rounds</i>
10ml	Lemon Juice

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK 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, add the rosemary sprigs. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CREAMY SPINACH Return the pan to medium heat with a drizzle of oil (if necessary). When hot, fry the garlic until fragrant, 30-60 seconds. Mix in the spinach and cook until wilted, 2-3 minutes. Remove from the heat, mix in the sour cream and loosen with a splash of warm water if it's too thick. Season.

5. SOME FRESHNESS In a salad bowl, combine the green leaves, the radish, the nuts, the lemon juice (to taste), and season.

6. DINNER IS READY Dish up the roasted carrots, side with the creamy spinach, and the ostrich slices. Serve alongside the fresh salad. Cheers, Chef!



Chef's Tip

Creamy spinach is best enjoyed warm, so cover with a lid to keep it warm.

Nutritional Information

Per 100g

Energy	321kJ
Energy	77kcal
Protein	6.8g
Carbs	6g
of which sugars	3g
Fibre	2g
Fat	2.9g
of which saturated	1.1g
Sodium	207.5mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
4 Days