

# QCOOK

## Lemon-garlic Ostrich Fillet

with a creamy cucumber & dill salad

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	243kj	1444kj
Energy	58kcal	345kcal
Protein	7g	41.3g
Carbs	4g	26g
of which sugars	1g	9g
Fibre	1g	7g
Fat	1.7g	9.9g
of which saturated	0.6g	3.4g
Sodium	106mg	631mg

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

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
220g	440g	Gem Squash <i>halve &amp; deseed</i>
10ml	20ml	NOMU Roast Rub
150g	300g	Free-range Ostrich Fillet
1	1	Garlic Clove <i>peel &amp; grate</i>
100g	200g	Cucumber <i>cut into matchsticks</i>
50ml	100ml	Greek Yoghurt
3g	5g	Fresh Dill <i>rinse &amp; roughly chop</i>
10ml	20ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>

## From Your Kitchen

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Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

Oil (cooking, olive or coconut) (optional)

**1. WHAT A GEM** Preheat the oven to 200°C. Place the gem squash on a roasting tray, cut side up. Lightly coat with cooking spray or oil (optional), ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and soft, 20-25 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes.

**2. SEAR & SEASON** When the roast has 10-15 minutes remaining, place a pan over medium-high heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray and the remaining rub and the garlic. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**3. DILL-LICIOUS SALAD** In a salad bowl, combine the cucumber, the yoghurt, ½ the dill, the lemon juice (to taste), and seasoning.

**4. DINNER IS SERVED** Plate up the roasted gem squash alongside the steak slices. Make a bed of the salad leaves, and the sun-dried tomatoes, and top with the creamy salad. Garnish with a sprinkle of the remaining dill. Divine, Chef!