

# U COOK

## Ostrich & Garlicky Green Beans

with glazed baby carrots & goat's cheese

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	369kJ 88kcal	1756kJ 420kcal
Protein	9.2g	43.7g
Carbs	8g	38g
of which sugars	5g	24g
Fibre	2g	9g
Fat	2.4g	11.3g
of which saturated	1.1g	5.3g
Sodium	71.5mg	340.4mg

**Allergens:** Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

360g	480g	Baby Carrots <i>rinse &amp; trim</i>
150g	200g	Kale <i>rinse &amp; roughly shred</i>
75ml	100ml	Orange Glaze <i>(45ml [60ml] Orange Juice &amp; 30ml [40ml] Honey)</i>
240g	320g	Green Beans <i>rinse &amp; trim</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU One For All Rub
75g	100g	Chevin Goat's Cheese

**1. CARROTS & KALE** Place the kale in a bowl and coat in cooking spray. Using your hands, gently massage until softened and set aside. Place a pan over a medium-high heat. When hot, add the carrots and lightly coat in cooking spray. Fry until lightly golden and cooked through, 8-10 minutes (shifting occasionally). In the final 3-4 minutes, add the kale and cook until wilted. Baste with the orange glaze. Remove from the heat and season.

**2. BEANS** While the carrots are on the go, place a pan over medium-high heat. When hot, add the green beans and lightly coat in cooking spray. Fry until lightly charred, 5-6 minutes. Add the garlic and fry until fragrant, 20-30 seconds. Remove from the pan and season.

**3. STEAK** Return the pan, wiped down, to medium-high heat. Pat the ostrich dry with paper towel, lightly coat in cooking spray and coat with the NOMU rub. 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.

**4. TIME TO EAT** Dish up the carrot and kale salad, crumble the goat's cheese over, and side with the garlicky green beans, and the ostrich steak. Dig in, Chef!

## From Your Kitchen

Water

Paper Towel

Seasoning (salt & pepper)

Cooking Spray