

QCOOK

Ostrich Salad & Mustard Dressing

with cabbage & crispy kale

Hands-on Time: 30 minutes

Overall Time: 35 minutes

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

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	334kj	2053kj
Energy	80kcal	492kcal
Protein	6.3g	38.9g
Carbs	7g	40g
of which sugars	4g	24g
Fibre	2g	14g
Fat	2.9g	17.7g
of which saturated	0.6g	3.4g
Sodium	105.6mg	649.5mg

Allergens: Allium, Sulphites



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cabbage <i>rinse & cut into bite-sized pieces</i>
100g	200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
5ml	10ml	NOMU Roast Rub
40g	80g	Kale <i>rinse & roughly shred</i>
100g	200g	Green Beans <i>rinse & cut into thirds</i>
150g	300g	Free-range Ostrich Stroganoff
30ml	60ml	Mustard Dressing <i>(20ml [40ml] Whole Grain Mustard, 5ml [10ml] Coconut Sugar & 5ml [10ml] Red Wine Vinegar)</i>
1	1	Apple <i>rinse, peel, core & cut ½ [1] into wedges</i>

From Your Kitchen

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

1. CABBAGE & CAULI Preheat the oven to 200°C. Spread the cabbage, and the cauliflower on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until slightly crispy, 25-30 minutes (shifting halfway).

2. KALE & GREEN BEANS Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the cabbage has 10 minutes remaining, give the tray a shift and scatter over the dressed kale and the green beans. Roast for the remaining time.

3. O-YUM OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

4. MMMUSTARD DRESSING To a bowl, add the mustard dressing, and a splash of water. Loosen until drizzling consistency.

5. AMAZING JOB, CHEF! Plate up the roast, and scatter over the apple and the meat. Drizzle over the mustard dressing. Enjoy!