

UCCOOK

Butter Beans Salad & Ostrich

with a mint & peach salsa

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 372kj | 2322kj |
| Energy | 89kcal | 556kcal |
| Protein | 7.7g | 47.9g |
| Carbs | 7.7g | 47.9g |
| of which sugars | 2.8g | 17.5g |
| Fibre | 2.2g | 13.9g |
| Fat | 2.9g | 18.4g |
| of which saturated | 0.9g | 5.5g |
| Sodium | 114mg | 712mg |

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 1 | 1 | Onion <i>peel & cut ½ [1] into wedges</i> |
| 120g | 240g | Butter Beans <i>drain & rinse</i> |
| 15g | 30g | Almonds <i>roughly chop</i> |
| 150g | 300g | Free-range Ostrich Fillet |
| 80g | 160g | Green Beans <i>rinse & cut in half</i> |
| 1 | 1 | Peach <i>rinse & cut ½ [1] into thin wedges, discarding the pip</i> |
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 3g | 5g | Fresh Mint <i>rinse, pick & roughly chop</i> |
| 20ml | 40ml | Lemon Juice |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

1. ONION & BEANS Preheat the oven to 200°C. Spread the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 10-12 minutes, toss the butter beans through. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

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

3. BROWN THE OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. GO, GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. SUPERB SALSA In a bowl, combine the peaches, feta, mint, nuts, lemon juice, a drizzle of olive oil, and seasoning.

6. TIME TO DINE Plate up the roasted veg and serve with the peach salsa, green beans, and the ostrich slices. Well done, Chef!