



QCOOK

Roasted Chickpea & Ostrich Salad

with toasted almonds & balsamic reduction

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	416kJ	2560kJ
Energy	99kcal	612kcal
Protein	8.1g	50g
Carbs	10g	65g
of which sugars	4.4g	26.8g
Fibre	2.6g	15.8g
Fat	2.2g	13.3g
of which saturated	0.5g	3.3g
Sodium	33mg	201mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
360g	480g	Chickpeas <i>drain & rinse</i>
15g	20g	Almonds <i>roughly chop</i>
450g	600g	Free-range Ostrich Fillet
2	2	Garlic Cloves <i>peel & grate</i>
60g	80g	Salad Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & slice into thin rounds</i>
30g	40g	Italian-style Hard Cheese <i>peel into shavings</i>
30ml	40ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. CARROT WEDGES Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry the carrot at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CHICKPEAS When the carrots have been roasting for 10-15 minutes, scatter over the chickpeas and roast for the remaining time until they crisp up.

3. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. 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 (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the garlic. Remove from the pan and season.

5. FRESH SALAD In a bowl, combine the salad leaves, the cucumber, the almonds, the cheese shavings, the carrots and chickpeas, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Plate up the loaded salad, top with the ostrich slices, and drizzle over the balsamic reduction. Well done, Chef!