



UCOOK

Greek Ostrich Salad

with croutons & chickpeas

The Greeks rely on two things: simplicity and high-quality ingredients. This salad reflects that culinary philosophy. A bed of crispy chickpeas tossed with tangy tomato, creamy feta, crunchy cucumber, & fresh greens are topped with seared ostrich cubes and croutons. Finished with a yoghurt dressing.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Jade Summers

Simple & Save

Neil Ellis Wines | Neil Ellis Wild Flower Rosé

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
300g	Ostrich Chunks
80ml	Low Fat Plain Yoghurt
100g	Cucumber <i>rinse & roughly chop</i>
1	Tomato <i>rinse & roughly chop</i>
40g	Danish-style Feta <i>drain</i>
40g	Salad Leaves <i>rinse & finely shred</i>
60g	Croutons

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

2. O-YUM OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel, and cut it into bite-sized chunks. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

3. YOGHURT DRESSING & SALAD In a bowl, combine the yoghurt, and loosen with a splash of water. Season. In a separate bowl, combine the chopped cucumber, the chopped tomato, the drained feta, the shredded leaves, the toasted chickpeas, a drizzle of olive oil and seasoning.

4. DIG IN! Make a bed of the chickpea salad, and top with the croutons, and the fried ostrich. Drizzle over the loosened yoghurt. Enjoy.



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	512kJ
Energy	122kcal
Protein	9.5g
Carbs	9g
of which sugars	1.2g
Fibre	1.5g
Fat	4.8g
of which saturated	1.6g
Sodium	117mg

Allergens

Gluten, Wheat, Cow's Milk

Eat
Within
2 Days