

UCOOK

Italian Panzanella Ostrich Salad

with Italian-style cheese shavings, fresh basil & pine nuts

Throw this fresh Italian salad together in no time at all! Succulent ostrich pieces tossed with green leaves and fresh tomato. Sprinkled with capers, pine nuts, basil, and garlic sourdough croutons. Topped with a garlic yoghurt dressing and cheese shavings.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Alvi's Drift | Sparkling Brut Blanc de Blanc

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
1	Sourdough Baguette <i>½ cut into bite-sized chunks</i>
150g	Free-range Ostrich Chunks
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomato Medley <i>cut into quarters</i>
65ml	Low Fat Plain Yoghurt
10g	Capers <i>drained</i>
4g	Fresh Basil <i>rinsed, picked & roughly torn</i>
10g	Pine Nuts
30g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. CRISPY CROUTONS In a bowl, combine 2 tsp of oil, ½ the grated garlic (to taste) and some seasoning. Mix until fully combined. Add the bread chunks and toss until fully coated. Place a pan over medium heat with a drizzle of oil. When hot, add the dressed bread chunks and fry for 4-5 minutes until golden and crispy, shifting occasionally. Remove from the pan and set aside.

2. I'LL FRY IF I WANT TO Pat the ostrich dry with paper towel. Return the pan to a high heat with a drizzle of oil. When hot, fry the ostrich for 3-4 minutes until browned all over and cooked to your preference. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside. Rest for 5 minutes, lightly season, and toss with the rinsed green leaves and the quartered tomatoes.

3. IT'S DRIZZLING OUTSIDE In a small bowl, mix the remaining garlic (to taste), the yoghurt and some seasoning. Add water in 5ml increments until drizzling consistency.

4. SUMMER SALAD Plate up the loaded ostrich, sprinkle over the sourdough croutons, the drained capers, the torn basil leaves and the pine nuts. Drizzle over the yoghurt dressing and top with the cheese shavings. Simple yet stunning, Chef!

Nutritional Information

Per 100g

Energy	661kJ
Energy	158kcal
Protein	12.5g
Carbs	16g
of which sugars	1.9g
Fibre	1.8g
Fat	4.9g
of which saturated	1.7g
Sodium	261.7mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days