



# UCOOK

## Radiant Ostrich Salad

with piquanté peppers, roast butternut & an orange-mustard vinaigrette

Warm roast veg, nourishing meat, and invigorating tang – a perfect autumn pick-me-up! Crisp butternut and butter beans, pan-fried ostrich, sesame seeds, and cranberries; all atop a fresh salad dressed with orange juice, mustard, and balsamic vinegar.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Discovery

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Pinotage

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## Ingredients & Prep

|        |  |
|--------|--|
| 250g   | Butternut<br><i>peeled &amp; cut into bite-sized chunks</i>  |
| 60g    | Butter Beans<br><i>drained &amp; rinsed</i>  |
| 1      | Red Onion<br><i>½ peeled &amp; finely sliced</i>   |
| 22,5ml | Orange Vinaigrette<br><i>(2,5ml Wholegrain Mustard, 10ml Orange Juice &amp; 10ml Balsamic Vinegar)</i> |
| 10ml   | White Sesame Seeds   |
| 150g   | Free-range Ostrich Goulash   |
| 40g    | Salad Leaves<br><i>rinsed</i>  |
| 50g    | Cucumber<br><i>sliced into thin half-moons</i>   |
| 20g    | Mild Piquanté Peppers<br><i>drained &amp; roughly chopped</i>  |
| 10g    | Dried Cranberries  |

## From Your Kitchen

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

**1. BUTTERY BEANS & BUTTERY SQUASH** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained butter beans in a bowl, coat in oil and seasoning, and set aside.

**2. PICKLE THE ONION & TOAST THE SEEDS** Place the sliced onion in a bowl and pour over the vinaigrette. Season to taste, toss to coat, and set aside to pickle. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Keep a close eye on them, they burn easily. Remove from the pan on completion and set aside to cool.

**3. IT'S THE HALFWAY MARK!** When the butternut reaches the halfway mark, remove from the oven and give a shift. Scatter over the beans, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the beans should be crisping up and the butternut should be cooked through and caramelised.

**4. JUICY OSTRICH GOULASH** When the roast veg has 5 minutes remaining, drain any liquid from the ostrich packaging and pat the meat dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 4-5 minutes until browned and cooked through, shifting as it colours. Remove from the pan on completion and season. Allow to rest for 2-3 minutes before serving.

**5. FINISHING TOUCHES** Drain the vinaigrette from the pickled onion into a separate bowl. Mix in 1 tsp of olive oil until well combined. Place the rinsed salad leaves, cucumber half-moons, and chopped piquanté peppers in a salad bowl. Drizzle over the dressing to taste and toss to coat.

**6. FOOD, GLORIOUS FOOD!** In a shallow bowl, pile up some tangy salad and cover in roast butternut and butter beans. Scatter over the pickled onion and ostrich goulash. Finish off with sprinklings of toasted sesame seeds and dried cranberries. Drizzle over any remaining dressing if you'd like. Delish!



## Chef's Tip

To make the dressing, when you get to step 5, you can drain the vinaigrette into a clean jar instead of a bowl. Add in the oil, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing more successfully than mixing it in a bowl!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 316kJ  |
| Energy             | 76Kcal |
| Protein            | 6.1g   |
| Carbs              | 9g     |
| of which sugars    | 3g     |
| Fibre              | 2g     |
| Fat                | 1.4g   |
| of which saturated | 0.3g   |
| Sodium             | 56mg   |

## Allergens

Allium, Sesame, Sulphites

Cook  
within  
4 Days