



UCCOOK

Mexican Ostrich Salad Bowl

with buttery corn on the cob

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	610kJ	3684kJ
Energy	146kcal	882kcal
Protein	7.8g	46.9g
Carbs	13g	79g
of which sugars	2.8g	16.7g
Fibre	2.2g	13.3g
Fat	7.1g	43g
of which saturated	1.5g	8.8g
Sodium	213mg	1289mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Corn on the Cobs <i>remove silks</i>
30ml	40ml	NOMU Mexican Spice Blend
450g	600g	Free-range Ostrich Chunks
360g	480g	Black Beans <i>drain & rinse</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45ml	60ml	Lime Juice
150ml	200ml	Creamy Mayo <i>(90ml [120ml] Sour Cream & 60ml [80ml] Vegan Mayo)</i>
150g	200g	Santa Anna's Corn Nachos

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a knob of butter and ½ of the NOMU rub. Fry until lightly charred, 4-5 minutes (turning as it colours). Remove from the pan, season and set aside.

2. OSTRICH Return the pan to medium-high heat with a drizzle of oil if necessary. Pat the ostrich dry with paper towel, cut into small chunks, coat with the remaining rub, and season. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan.

3. BEANS Return the pan to medium heat with all the pan juices. Fry the beans until warmed through, 4-5 minutes (shifting occasionally). Remove from the heat and season.

4. JUST BEFORE SERVING In a bowl, combine the tomatoes, beans, jalapeño (to taste), coriander, lime juice, and seasoning.

5. TIME TO DINE Dish up the corn, serve the tomato mixture on the side and top with the ostrich. Drizzle over the creamy mayo and finish with a crumble of the nachos. Dig in, Chef!