



UCOOK

Domaine Des Dieux's Ostrich Tagliata

with crispy lemony lentils & baby tomatoes

The combination of the juicy steak, baby tomatoes, green leaves, lemony lentils, piquanté peppers, and sharp Italian cheese, all brought together with a light, tangy dressing, makes for a flavourful and satisfying salad.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Domaine Des Dieux Winery

Quick & Easy

Domaine Des Dieux | Josephine Pinot Noir
2015

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

360g	Tinned Lentils <i>drain & rinse</i>
45ml	Lemon Juice
450g	Free-range Ostrich Fillet
15ml	NOMU One For All Rub
60ml	Balsamic Vinegar
240g	Baby Tomatoes <i>rinse & cut in half</i>
60g	Green Leaves <i>rinse</i>
60g	Piquanté Peppers <i>drain</i>
60g	Italian-style Hard Cheese <i>roughly chop</i>
30g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. CRISPY LENTILS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Deglaze the pan with the lemon juice. Remove from the pan and season.

2. OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a bowl, combine the balsamic vinegar with 90ml of olive oil, a sweetener (to taste), and season. Add the halved tomatoes, the rinsed green leaves, the lemony lentils, and the drained piquanté peppers.

4. DINNER IS READY Dish up the salad, top with the ostrich slices, and sprinkle over the chopped cheese. Garnish with a sprinkle of the sunflower seeds. Well done, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	611kJ
Energy	146kcal
Protein	14g
Carbs	14g
of which sugars	3.2g
Fibre	5.1g
Fat	3.8g
of which saturated	1.1g
Sodium	97mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
4 Days