



UCOOK

Braised Ostrich & Fig Salad

with butter beans & Italian-style hard cheese

Prepare to cook the dreamiest of dinners, Chef! Ostrich chunks are browned and gently simmered in a fragrant mix of star anise, cumin, allspice, cardamom pods, and tomato passata. Accompanied by parsley-laced butter beans and a dried fig & hard cheese ribbon salad.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

40g	Kale <i>rinse & roughly shred</i>
150g	Free-range Ostrich Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & roughly dice ½</i>
5ml	Spice Mix <i>(1 Star Anise, 1 Cardamom Pod, 2,5ml Allspice & 2,5ml Ground Cumin)</i>
1	Garlic Clove <i>peel & grate</i>
10g	Fresh Ginger <i>peel & grate</i>
200ml	Tomato Passata
120g	Butter Beans <i>drain & rinse</i>
3g	Fresh Parsley <i>rinse & finely chop</i>
1	Lemon <i>rinse & cut into wedges</i>
50g	Dried Figs <i>roughly chop</i>
20g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

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

1. SAUTE THE KALE Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 2-3 minutes. Remove from the pan and cover.

2. BROWN THE OSTRICH Pat the ostrich dry with paper towel. Return the pan to medium-high heat with a drizzle of oil. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Add the diced onions and fry until soft, 3-4 minutes. Add the spice mix and the grated garlic & ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the tomato passata and 150ml of water. Simmer until reduced and thickening, 20 minutes (shifting occasionally).

3. PARSLEY BUTTER BEANS While the sauce reduces, place a pan over medium-high heat. Add the drained butter beans and enough water to cover. Gently simmer, about 15 minutes. Drain the liquid and stir through ⅔ of the chopped parsley, the juice of 2 lemon wedges, a drizzle of olive oil, and seasoning. Set aside.

4. ADD THE SWEETNESS When the sauce has 2-3 minutes left, discard the cardamom pods and stir through ½ the chopped figs. Remove from the heat, add a sweetener, seasoning, and cover.

5. SIMPLY STUNNING SALAD In a bowl, combine the wilted kale, the juice of the remaining lemon wedges, the remaining figs and the cheese ribbons.

6. BRAISE YOURSELF, IT'S GONNA BE DELICIOUS! Spoon the butter beans & parsley onto a dish. Top with the braised ostrich and garnish with the remaining parsley. Side with the fig salad. Dig in, Chef!

Nutritional Information

Per 100g

Energy	339kJ
Energy	81kcal
Protein	5.5g
Carbs	10g
of which sugars	4.7g
Fibre	2.5g
Fat	2.2g
of which saturated	0.6g
Sodium	77mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
4 Days