



UCCOOK

Italian Panzanella Ostrich Salad

with bocconcini balls & baby tomatoes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	681kJ	3629kJ
Energy	163kcal	868kcal
Protein	10.3g	55.1g
Carbs	17g	89g
of which sugars	2.5g	13.5g
Fibre	1.8g	9.6g
Fat	5.9g	31.3g
of which saturated	2.2g	11.5g
Sodium	323.1mg	1721mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Sourdough Baguette <i>tear into small chunks ½ [1]</i>
10ml	20ml	NOMU Italian Rub
150g	300g	Free-range Ostrich Chunks
30ml	60ml	Balsamic Vinegar
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
20g	40g	Pitted Green Olives <i>drain & roughly chop</i>
3	6	Bocconcini Balls <i>drain & halve</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil, ½ the NOMU rub, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

2. O-YUM OSTRICH While the croutons are toasting, place a second pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich with the remaining NOMU rub until browned, 1-2 minutes (shifting occasionally). Remove from the pan, cut into bite-sized pieces, and season.

3. ASSEMBLE THE SALAD In a salad bowl, combine the balsamic vinegar with a generous drizzle of olive oil and seasoning. Toss through the green leaves, the cucumber, the tomatoes the olives, the croutons, and the ostrich.

4. LIPSMACKING PANZANELLA SALAD Plate up the panzanella salad and scatter over the bocconcini balls.