

QCOOK

Green Bean, Corn & Ostrich Salad

with a honey mustard dressing & black beans

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	431kj	1994kj
Energy	103kcal	477kcal
Protein	8.6g	40g
Carbs	9.2g	42.4g
of which sugars	4.2g	19.3g
Fibre	1.9g	8.6g
Fat	3.4g	15.7g
of which saturated	0.5g	2.3g
Sodium	159mg	738mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Corn
2	2	Onions <i>peel & cut 1½ [2] into thin wedges</i>
240g	320g	Green Beans <i>rinse & slice into thirds</i>
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU BBQ Rub
180g	240g	Black Beans <i>drain & rinse</i>
60g	80g	Piquanté Peppers <i>drain</i>
120ml	160ml	Honey Mustard Dressing

From Your Kitchen

Cooking Spray

Seasoning (Salt & Pepper)

Water

Paper Towel

1. CORN Place a pan over medium-high heat. When hot, add the corn and lightly coat in cooking spray. Fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and add to a salad bowl.

2. CHARRED VEGGIES Return the pan to medium heat. When hot, add the onion and the green beans and lightly coat in cooking spray. Fry until lightly charred, 6-7 minutes (shifting occasionally). Remove from the pan and add to the corn.

3. O-YUM OSTRICH Place a clean pan over medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray, and the NOMU rub. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. JUST BEFORE SERVING Add the black beans, and the peppers to the bowl with the veggies, toss to combine, and season.

5. DINNER IS READY Make a bed of the salad, top with the ostrich slices, and drizzle over the mustard dressing. Well done, Chef!