



# UCCOOK

## Dried Fig, Zucchini & Ostrich Salad

with charred baby marrow

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Merlot

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 427kJ    | 1753kJ      |
| Energy             | 102kcal  | 419kcal     |
| Protein            | 10.2g    | 42.1g       |
| Carbs              | 7g       | 30g         |
| of which sugars    | 5.4g     | 22.2g       |
| Fibre              | 1.6g     | 6.6g        |
| Fat                | 3.9g     | 16.2g       |
| of which saturated | 1.3g     | 5.4g        |
| Sodium             | 127mg    | 522mg       |

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts,  
Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                     |
|----------|------------|-------------------------------------------------------------------------------------|
| 30g      | 40g        | Almonds                                                                             |
| 450g     | 600g       | Baby Marrow<br><i>rinse, trim &amp; cut into bite-sized pieces</i>                  |
| 3        | 4          | Spring Onions<br><i>rinse, trim &amp; roughly slice</i>                             |
| 45ml     | 60ml       | Sweet Sherry Vinegar<br><i>(15ml [20ml] Honey &amp; 30ml [40ml] Sherry Vinegar)</i> |
| 450g     | 600g       | Free-range Ostrich Fillet                                                           |
| 30ml     | 40ml       | NOMU One For All Rub                                                                |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; shred</i>                                            |
| 60g      | 80g        | Dried Figs<br><i>roughly tear</i>                                                   |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>                                                   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (Salt & Pepper)

**1. NUTS, VEG & SWEET VINEGAR** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet sherry vinegar.

**2. NOMU-SPICED OSTRICH** Place a clean 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. BEAUTIFUL SALAD** Just before serving, toss the salad leaves, the figs, ½ the nuts, and the feta through the onions and baby marrows along with a drizzle of olive oil and seasoning.

**4. WHAT A PLATE!** Plate up the charred baby marrow salad and serve alongside the ostrich. Scatter over the remaining nuts.