



UCOOK

Rocket Salsa Verde & Ostrich

with millet, fresh mint & Danish-style feta

Tasty & tangy homemade salsa verde is drizzled over a bed of fluffy millet salad with creamy Danish-style feta, piquanté peppers & crunchy onions. Accompanied by perfectly cooked ostrich chunks. An easy meal for the win!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterkloof | Circumstance Cabernet Franc

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

Ingredients & Prep

225ml	Millet
90g	Sweet Piquanté Peppers
2	Garlic Cloves
2	Onions
30g	Capers
90g	Danish-style Feta
60g	Rocket & Baby Spinach Mix <i>rinsed</i>
12g	Fresh Mint <i>rinsed & picked</i>
30ml	Lemon Juice
450g	Broccoli Florets <i>cut into bite-sized pieces</i>
22,5ml	NOMU One For All Rub
450g	Free-range Ostrich Chunks

From Your Kitchen

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

1. MILLET Place the millet in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 450ml of salted water and a drizzle of olive oil. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork.

2. PREP Drain and roughly chop the piquanté peppers. Peel the garlic cloves. Peel and roughly slice the onions. Drain the capers and the feta.

3. VERDE Place the drained capers, the peeled garlic (to taste), the rinsed rocket & spinach mix, and ½ the picked mint on a chopping board. Finely chop, place in a bowl and mix in the lemon juice (to taste), 90ml of oil, and seasoning. Loosen with oil in 5ml increments until drizzling consistency. Alternatively, place all the ingredients in a blender and blend until combined. Set aside.

4. BROCC Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. ONIONS Return the pan to medium heat and add a drizzle of oil if necessary. When hot, add the sliced onions and ½ the NOMU rub. Fry until lightly golden but still crunchy, 3-4 minutes (shifting occasionally). Remove from the pan, add to the bowl of broccoli, cover and set aside.

6. STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with a knob of butter and the remaining NOMU rub. Remove from the pan, reserving any pan juices. Season and set aside.

7. SALAD Combine the millet, the drained feta, the chopped pepper, the fried onions and broccoli, and any remaining pan juices. Add a generous drizzle of olive oil (if you'd like) and season.

8. YUM! Bowl up the millet salad. Top with the ostrich pieces and drizzle over the homemade salsa verde. Garnish with the remaining mint.

Nutritional Information

Per 100g

Energy	499kJ
Energy	119kcal
Protein	9.3g
Carbs	13g
of which sugars	2.6g
Fibre	2.6g
Fat	3g
of which saturated	1.3g
Sodium	173.1mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days