



# UCOOK

## Amazing Aubergine & Ostrich Salad

**with Kalamata olives, creamy feta & sunflower seeds**

A delicious salad packed with beautiful ingredients! It is equally as fresh as it is filling, with the lightness of salad leaves, the richness of feta, the tanginess of a stunning mustard lemon dressing, and the heartiness of roasted aubergines and tender ostrich slices.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Jeannette Joynt

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 Carb Conscious

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

|      |                                                                      |
|------|----------------------------------------------------------------------|
| 500g | Aubergine<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i> |
| 20ml | NOMU Provençal Rub                                                   |
| 50ml | Tahini                                                               |
| 1    | Lemon<br><i>cut into wedges</i>                                      |
| 10ml | Dijon Mustard                                                        |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                           |
| 320g | Free-range Ostrich Steak                                             |
| 50g  | Pitted Kalamata Olives<br><i>roughly chopped</i>                     |
| 80g  | Salad Leaves<br><i>rinsed</i>                                        |
| 80g  | Danish-style Feta<br><i>drained</i>                                  |
| 20g  | Sunflower Seeds                                                      |

## From Your Kitchen

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

**1. A GRACIOUS ROAST** Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 20-25 minutes until softened, shifting halfway.

**2. GET DRESSED** In a bowl, combine the tahini, a squeeze of lemon juice, and seasoning. Add water in 5ml increments until a drizzling consistency. Set aside. In a salad bowl, combine the mustard, the grated garlic (to taste), a drizzle of oil, a sweetener of choice, and seasoning.

**3. THE OST-RICH & FAMOUS** When the aubergine has 10 minutes remaining, place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference (the time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter and the remaining rub to baste the steaks. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. TOSS TOGETHER** To the salad bowl with the mustard dressing, add the chopped olives and the salad leaves. Toss until fully combined.

**5. IT'S SALAD SEASON** Make a bed of the dressed leaves and olives. Top with the aubergine chunks and the ostrich slices. Drizzle over the tahini dressing and crumble over the drained feta. Sprinkle over the sunflower seeds and serve with any remaining lemon wedges on the side. Beautiful, Chef!



## Chef's Tip

If you're not a fan of raw garlic, quickly fry it for 1 minute, until fragrant, before adding it to the salad dressing.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 464kJ   |
| Energy             | 111Kcal |
| Protein            | 8.8g    |
| Carbs              | 5g      |
| of which sugars    | 2.5g    |
| Fibre              | 2.4g    |
| Fat                | 6.3g    |
| of which saturated | 1.9g    |
| Sodium             | 6mg     |

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within  
4 Days