

QCOOK

Lemon-garlic Ostrich Fillet

with a creamy cucumber & dill salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	243kj	1444kj
Energy	58kcal	345kcal
Protein	7g	41.3g
Carbs	4g	26g
of which sugars	1g	9g
Fibre	1g	7g
Fat	1.7g	9.9g
of which saturated	0.6g	3.4g
Sodium	106mg	631mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
660g	880g	Gem Squash <i>halve & deseed</i>
30ml	40ml	NOMU Roast Rub
450g	600g	Free-range Ostrich Fillet
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cucumber <i>cut into matchsticks</i>
150ml	200ml	Greek Yoghurt
8g	10g	Fresh Dill <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

Oil (cooking, olive or coconut) (optional)

1. WHAT A GEM Preheat the oven to 200°C. Place the gem squash on a roasting tray, cut side up. Lightly coat with cooking spray or oil (optional), ½ the NOMU rub, and seasoning. Roast in the hot oven until cooked through and soft, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes.

2. SEAR & SEASON When the roast has 10-15 minutes remaining, place a pan over medium-high heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray and the remaining rub and the garlic. 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.

3. DILL-LICIOUS SALAD In a salad bowl, combine the cucumber, the yoghurt, ½ the dill, the lemon juice (to taste), and seasoning.

4. DINNER IS SERVED Plate up the roasted gem squash alongside the steak slices. Make a bed of the salad leaves, and the sun-dried tomatoes, and top with the creamy salad. Garnish with a sprinkle of the remaining dill. Divine, Chef!