

U COOK

Argentinian-style Ostrich

with aubergine

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	375.1kJ	1900.4kJ
Energy	89.7kcal	454.6kcal
Protein	8.1g	40.9g
Carbs	5.5g	27.6g
of which sugars	3.7g	18.5g
Fibre	2.1g	10.5g
Fat	4.6g	23.1g
of which saturated	1.2g	6.2g
Sodium	197.5mg	1000.6mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Aubergine <i>rinse & cut into wedges</i>
7,5ml	15ml	NOMU Roast Rub
5g	10g	Sunflower Seeds
150g	300g	Free-range Ostrich Fillet
30ml	60ml	Pesto Princess Chimichurri Sauce
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
10ml	20ml	Balsamic Vinegar

1. GOLDEN AUBS Preheat the oven to 220°C. Spread the aubergine on a roasting tray. Coat in some cooking spray, ½ the NOMU rub, and seasoning. Roast in the hot oven until softened and crisping up, 25-30 minutes (shifting halfway).

2. SUNNY SEEDS When the aubergine has 10-15 minutes remaining, place a pan over medium heat with the sunflower seeds. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. O-YUM OSTRICH Return the pan to high heat. Pat the ostrich dry with paper towel and lightly spray with cooking spray. Sear the ostrich until browned, 2-3 minutes a side for medium rare. In the final 30 seconds, spice with the remaining NOMU rub. Remove from the pan and allow to cool for 5 minutes before slicing.

4. AMAZING ARGENTINIAN MEAL Plate up the aubergine wedges. Side with the ostrich, dolloping over the chimichurri. Side with the salad leaves, topped with the feta and sun-dried tomatoes. Sprinkle over the toasted sunflower seeds and drizzle over the balsamic vinegar (to taste). Enjoy, Chef!

From Your Kitchen

Water

Cooking Spray

Seasoning (Salt & Pepper)

Paper Towel