



# UCOOK

## Greek Ostrich Salad

**with croutons & chickpeas**

The Greeks rely on two things: simplicity and high-quality ingredients. This salad reflects that culinary philosophy. A bed of crispy chickpeas tossed with tangy tomato, creamy feta, crunchy cucumber, & fresh greens are topped with seared ostrich cubes and croutons. Finished with a yoghurt dressing.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Simple & Save

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Neil Ellis Wines | Neil Ellis Wild Flower Rosé

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## Ingredients & Prep

60g	Chickpeas <i>drain &amp; rinse</i>
150g	Ostrich Chunks
40ml	Low Fat Plain Yoghurt
50g	Cucumber <i>rinse &amp; roughly chop</i>
1	Tomato <i>rinse &amp; roughly chop</i>
20g	Danish-style Feta <i>drain</i>
20g	Salad Leaves <i>rinse &amp; finely shred</i>
30g	Croutons

## From Your Kitchen

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

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**2. O-YUM OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel, and cut it into bite-sized chunks. When hot, sear the ostrich until browned, 2-3 minutes (shifting occasionally). Remove from the pan. Season and set aside.

**3. YOGHURT DRESSING & SALAD** In a bowl, combine the yoghurt, and loosen with a splash of water. Season. In a separate bowl, combine the chopped cucumber, the chopped tomato, the drained feta, the shredded leaves, the toasted chickpeas, a drizzle of olive oil and seasoning.

**4. DIG IN!** Make a bed of the chickpea salad, and top with the croutons, and the fried ostrich. Drizzle over the loosened yoghurt. Enjoy.



## Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	512kJ
Energy	122kcal
Protein	9.5g
Carbs	9g
of which sugars	1.2g
Fibre	1.5g
Fat	4.8g
of which saturated	1.6g
Sodium	117mg

## Allergens

Gluten, Wheat, Cow's Milk

Eat  
Within  
2 Days