

U COOK



Fresh Apple Salad & Ostrich

with roasted butternut & leeks

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	447kJ	3790kJ
Energy	107kcal	907kcal
Protein	5.4g	46g
Carbs	10g	81g
of which sugars	4.3g	36.5g
Fibre	1.9g	16.4g
Fat	5.1g	43.3g
of which saturated	1.2g	10.1g
Sodium	121mg	1028mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>cut into bite-sized chunks</i>
100g	200g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
75g	150g	Kale <i>rinse & roughly shred</i>
10g	20g	Pecan Nuts
1	1	Apple <i>rinse & thinly slice</i>
30g	60g	Danish-style Feta <i>drain</i>
50ml	100ml	Honey Mustard Dressing
150g	300g	Free-range Ostrich Strips
10ml	20ml	NOMU One For All Rub

1. BUTTERNUT & LEEKS Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the roast has 10 minutes remaining, give the tray a shift and scatter over the leeks. Roast for the remaining time.

2. CRISPY KALE Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Place on a separate roasting tray. When the leeks go in the oven, add the kale and roast until crisp.

3. CRUNCH FACTOR Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. APPLE SALSA To a salad bowl, add the apple, feta, $\frac{1}{2}$ the nuts, a drizzle of olive oil, the honey-mustard dressing and seasoning.

5. NOMU-SPICED OSTRICH Return the pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. GREAT PLATE, CHEF! Plate up the crispy kale, side with the butternut and the ostrich slices. Serve the apple salsa alongside and garnish with the remaining nuts.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel