



UCOOK

Ostrich Fillet & Garlicky Green Beans

with glazed baby carrots & goat's cheese

Orange & honey-glazed carrots sit glistening in a salad with fresh greens and crumbly goat's cheese. Completing the plate are the beautifully charred garlic green beans and slices of seared ostrich fillet, spiced with NOMU One For All Rub.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

480g	Baby Carrots <i>rinse & trim</i>
100ml	Orange Glaze <i>(60ml Orange Juice & 40ml Honey)</i>
320g	Green Beans <i>rinse & trim</i>
3	Garlic Cloves <i>peel & grate</i>
600g	Free-range Ostrich Fillet
20ml	NOMU One For All Rub
80g	Salad Leaves <i>rinse & roughly shred</i>
100g	Chevin Goats Cheese

From Your Kitchen

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

1. CARROTS Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the rinsed carrots until lightly golden and cooked through, 8-10 minutes (shifting occasionally). In the final 1-2 minutes, baste with the orange glaze. Remove from the heat and season.

2. BEANS While the carrots are on the go, place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until lightly charred, 5-6 minutes. Add the grated garlic and fry until fragrant, 20-30 seconds. Remove from the pan and season.

3. FILLET Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat with the NOMU rub. 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.

4. JUST BEFORE SERVING In a salad bowl, combine the carrots with all the pan juices, and the shredded leaves.

5. TIME TO EAT Dish up the carrot salad, crumble the goat's cheese over, and side with the garlicky green beans, and the ostrich steak. Dig in, Chef!

Nutritional Information

Per 100g

Energy	335kj
Energy	80kcal
Protein	8.7g
Carbs	9g
of which sugars	6g
Fibre	2g
Fat	1.2g
of which saturated	0.4g
Sodium	64.6mg

Allergens

Allium

Eat
Within
3 Days