

UCOOK

Ostrich & Butternut Medley

with an orange vinaigrette & white sesame seeds

Enjoy juicy ostrich chunks with oven-roasted butternut and butter beans, plus a fresh salad that has been elevated with a very tasty orange vinaigrette.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Morgan Nell

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

| | |
|------|--|
| 500g | Butternut <i>peeled & cut into bite-sized chunks</i> |
| 120g | Butter Beans <i>drained & rinsed</i> |
| 1 | Red Onion <i>½ peeled & finely sliced</i> |
| 30ml | Orange Vinaigrette <i>(5ml Wholegrain Mustard, 15ml Orange Juice & 10ml Balsamic Vinegar)</i> |
| 300g | Ostrich Chunks |
| 40g | Salad Leaves <i>rinsed</i> |
| 100g | Cucumber <i>sliced into thin half-moons</i> |
| 40g | Pickled Bell Peppers <i>drained & roughly chopped</i> |
| 10ml | White Sesame Seeds |

From Your Kitchen

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

1. BUTTER TIMES TWO Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes. Place the drained butter beans on a separate roasting tray. Coat in oil and season. Spread out in a single layer and set aside.

2. ORANGE THE PICKLE Place the sliced onion in a bowl and pour over the vinaigrette. Season to taste, toss until coated, and set aside to pickle.

3. IT'S THE HALFWAY MARK! When the butternut reaches the halfway mark, give the tray a shift. Pop in the tray of beans and cook for the remaining time. On completion, the beans should be crisping up and the butternut should be cooked through and caramelised.

4. JUICY OSTRICH GOULASH When the roast has 5 minutes remaining, pat the ostrich dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the ostrich for 5-6 minutes until browned, shifting as it colours. Remove from the pan and rest for 2-3 minutes before serving. Season to taste.

5. FINISHING TOUCHES Drain the vinaigrette from the pickled onion into a salad bowl. Mix in 2 tsp of olive oil into the vinaigrette until combined. Add the rinsed salad leaves, the cucumber half-moons, and the chopped pickled peppers to the bowl. Toss until coated.

6. FOOD, GLORIOUS FOOD! Pile up the tangy salad and cover in roast butternut and butter beans. Scatter over the drained pickled onion (to taste) and the ostrich chunks. Sprinkle over the sesame seeds. Delish!



Chef's Tip

If you would like to toast your sesame seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 296kJ |
| Energy | 71kcal |
| Protein | 6.4g |
| Carbs | 8g |
| of which sugars | 2.5g |
| Fibre | 1.6g |
| Fat | 1.2g |
| of which saturated | 0.3g |
| Sodium | 295mg |

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days