



UCOOK

Ostrich Crouton Salad

with carrot ribbons & green leaves

Evolving from the French word 'croûton', which means 'crust', croutons are delightful cubes of buttery, toasted bread that immediately elevate any salad - like this oh-so-tasty ostrich salad. Butter-basted ostrich slices & golden croutons lie on a bed of carrot ribbons, tangy tomato & fresh greens, which are dressed in a sweet-vinegar dressing. Keep calm and crouton!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Morgan Otten

 Simple & Save

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

2	Burger Buns <i>cut into bite-sized chunks</i>
480g	Ostrich Steak
30ml	Red Wine Vinegar
60g	Rocket <i>rinsed & roughly shredded</i>
2	Tomatoes <i>rinsed & roughly diced</i>
240g	Carrot <i>rinsed, trimmed, & peeled into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. CRISPY CROUTONS Toss the bread chunks in a drizzle of olive oil, and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

2. OH OSTRICH Return the pan to 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. SCRUMPTIOUS SALAD In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener, seasoning, the shredded leaves, the diced tomato, and the carrot ribbons.

4. DIG IN Plate up the dressed salad. Top with the sliced ostrich and the crispy croutons. Your feast awaits!



Chef's Tip

Air fryer method: Coat the bread chunks in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	437kJ
Energy	105kcal
Protein	9.3g
Carbs	13g
of which sugars	3.1g
Fibre	1.8g
Fat	1.6g
of which saturated	0.5g
Sodium	89mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites

Cook
within 3
Days