

UCCOOK

Seared Ostrich & Salsa Criolla

with charred cauliflower & pickled jalapeños

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Salt of the Earth Red blend

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 227kJ | 1414kJ |
| Energy | 54kcal | 338kcal |
| Protein | 6g | 37.7g |
| Carbs | 5g | 30g |
| of which sugars | 2.8g | 17.2g |
| Fibre | 1.3g | 8.3g |
| Fat | 0.9g | 5.7g |
| of which saturated | 0.2g | 1.5g |
| Sodium | 60mg | 377mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 2 | 2 | Tomatoes <i>rinse & finely dice</i> |
| 1 | 1 | Onion <i>peel & finely dice ¾ [1]</i> |
| 30g | 40g | Sliced Pickled Jalapeños <i>drain & roughly chop</i> |
| 30ml | 40ml | Lemon Juice |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice</i> |
| 450g | 600g | Cauliflower Florets <i>cut into bite-sized pieces</i> |
| 450g | 600g | Free-range Ostrich Fillet |
| 15ml | 20ml | NOMU Spanish Rub |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. QUICK SALSA In a bowl, combine the tomato and onion (to taste). Toss with the jalapeños (to taste), the lemon juice (to taste), ½ the spring onion, a drizzle of olive oil, a sweetener (to taste), and some seasoning. Set aside.

2. CHARRED CAULI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the cauliflower until lightly charred, 5-6 minutes. Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season. Alternatively, air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

3. PERFECT OSTRICH Place a clean 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.

4. FINAL TOUCHES Just before serving, toss the salad leaves through the salsa and set aside.

5. GET READY TO FEAST Serve up the juicy ostrich, drizzle over any pan juices, and side with the charred cauli. Pile up the zesty salsa alongside and garnish with the remaining spring onion. Tuck in, Chef!