

UCCOOK

Zingy Balsamic Salad & Ostrich

with crispy chickpeas

Hands-on Time: 35 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	342kJ	1750kJ
Energy	82kcal	419kcal
Protein	8.2g	42.2g
Carbs	6g	29g
of which sugars	3g	14g
Fibre	2g	8g
Fat	1.5g	7.9g
of which saturated	0.4g	2.1g
Sodium	209.7mg	1073.2mg

Allergens: Allium, Sesame, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	125ml	Balsamic Vinegar
8g	10g	Fresh Oregano <i>rinse, pick & finely chop</i>
3	4	Tomatoes <i>rinse & cut into thin wedges</i>
180g	240g	Chickpeas <i>drain & rinse</i>
30ml	40ml	Old Stone Mill Everything Bagel Spice Blend
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Italian Rub
60g	80g	Green Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. BALSAMIC T&O In a bowl, combine the balsamic vinegar, the oregano and the tomato and set aside to pickle. Drain right before serving.

2. CRISPY CHICKPEAS Place a pan over medium heat. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). In the final 1-2 minutes, add the Everything bagel spice. If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and set aside.

3. NOMU-SPICED OSTRICH Return the pan to medium-high heat with a small amount of cooking spray. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. PLATE UP AND DIG IN Grab your plate and make a bed of the green leaves, top with the cucumber, the marinated tomatoes, the pickled onion, and the crispy chickpeas. Side with your tasty ostrich slices. Get munching, Chef!