

UCCOOK

Butter Beans Salad & Ostrich

with a mint & peach salsa

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	372kj	2322kj
Energy	89kcal	556kcal
Protein	7.7g	47.9g
Carbs	7.7g	47.9g
of which sugars	2.8g	17.5g
Fibre	2.2g	13.9g
Fat	2.9g	18.4g
of which saturated	0.9g	5.5g
Sodium	114mg	712mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
120g	240g	Butter Beans <i>drain & rinse</i>
15g	30g	Almonds <i>roughly chop</i>
150g	300g	Free-range Ostrich Fillet
80g	160g	Green Beans <i>rinse & cut in half</i>
1	1	Peach <i>rinse & cut ½ [1] into thin wedges, discarding the pip</i>
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
20ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

1. ONION & BEANS Preheat the oven to 200°C. Spread the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). In the final 10-12 minutes, toss the butter beans through. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BROWN THE OSTRICH Return the pan to medium-high heat with a drizzle of oil. 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, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. GO, GO GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. SUPERB SALSA In a bowl, combine the peach, feta, mint, nuts, lemon juice, a drizzle of olive oil, and seasoning.

6. TIME TO DINE Plate up the roasted veg and serve with the peach salsa, green beans, and the ostrich slices. Well done, Chef!