



U**COOK**

Roasted Chickpea & Ostrich Salad

with toasted pistachios & balsamic vinegar

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	468kJ	2879kJ
Energy	112kcal	689kcal
Protein	8g	49g
Carbs	11g	65g
of which sugars	4.1g	25.5g
Fibre	2.6g	15.7g
Fat	3.5g	21.5g
of which saturated	0.8g	5.2g
Sodium	40mg	248mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
120g	240g	Chickpeas <i>drain & rinse</i>
5g	10g	Pistachio Nuts <i>roughly chop</i>
150g	300g	Free-range Ostrich Strips
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & slice into thin rounds</i>
10g	20g	Italian-style Hard Cheese <i>peel into shavings</i>
10ml	20ml	Balsamic Reduction

From Your Kitchen

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

1. **CARROT WEDGES** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry the carrot at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **CHICKPEAS** When the carrots have been roasting for 10-15 minutes, scatter over the chickpeas and roast for the remaining time until they crisp up.

3. **TOAST** Place the pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. **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, 1-2 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the garlic. Remove from the pan and season.

5. **FRESH SALAD** In a bowl, combine the green leaves, the cucumber, the pistachios, the cheese shavings, the carrots and chickpeas, a drizzle of olive oil, and seasoning.

6. **TIME TO EAT** Plate up the loaded salad, top with the ostrich strips, and drizzle over the balsamic reduction. Well done, Chef!