

UCCOOK

Baby Marrow & Ostrich Salad

with cucumber & avocado

Hands-on Time: 30 minutes

Overall Time: 40 minutes

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

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	308kj	1949kj
Energy	74kcal	466kcal
Protein	6.8g	42.8g
Carbs	4g	24g
of which sugars	2g	10g
Fibre	2g	12g
Fat	3.7g	23.5g
of which saturated	0.8g	5g
Sodium	26.9mg	170.5mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Roast Rub
2	2	Avocados
45ml	60ml	Red Wine Vinegar
150g	200g	Cucumber <i>rinse & roughly dice</i>
2	2	Tomatoes <i>rinse & cut into thin wedges</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. BABY MARROW Place a pan over medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 3-4 minutes. Remove from the pan and season.

2. PARSLEY YOGHURT In a bowl, combine the yoghurt with ½ the parsley. Add seasoning and loosen with water in 5ml increments until drizzling consistency. Set aside.

3. NOMU-SPICED OSTRICH Place a 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, spice the ostrich with the NOMU rub. Remove from the pan and set aside to rest for 3-5 minutes before slicing and seasoning.

4. AVO SALAD Halve the avocados, remove the pips, and peel the skin off, keeping the flesh intact. Roughly dice one and a half [all] of the avocados. Place into a bowl and toss with the vinegar. Add the cucumber, the tomato wedges, the salad leaves, the charred baby marrow, and seasoning and toss to combine. Set aside.

5. OM NOM NOM Serve the dressed salad up as a base and top with the ostrich slices. Drizzle over the parsley yoghurt and garnish with the remaining parsley.