

QCOOK

Rosemary Ostrich & Creamy Spinach

with roasted carrot & a fresh salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	320kj	1960kj
Energy	77kcal	469kcal
Protein	6.6g	40.2g
Carbs	6g	36g
of which sugars	3g	18g
Fibre	2g	11g
Fat	3g	18.2g
of which saturated	1.1g	7g
Sodium	210mg	1286mg

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

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
5ml	10ml	NOMU Roast Rub
5g	10g	Walnuts <i>roughly chop</i>
150g	300g	Free-range Ostrich Fillet
5ml	10ml	Dried Rosemary
1	2	Garlic Clove/s <i>peel & grate</i>
100g	200g	Spinach <i>rinse</i>
50ml	100ml	Sour Cream
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
10ml	20ml	Lemon Juice

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Paper Towel
Cooking Spray (or oil of your choice)

1. ROAST VEG Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway.)

2. TOASTED NUTS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ROSEMARY STEAK Return the pan to medium-high heat with cooking spray or oil (optional). 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, add the rosemary (to taste). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CREAMY SPINACH Return the pan to medium heat with cooking spray or oil (optional). Fry the garlic until fragrant, 30-60 seconds. Mix in the spinach and cook until wilted, 2-3 minutes. Remove from the heat, mix in the sour cream and loosen with a splash of warm water if it's too thick. Season.

5. SOME FRESHNESS In a salad bowl, combine the green leaves, the radish, the nuts, the lemon juice (to taste), and season.

6. DINNER IS READY Dish up the roasted carrots, side with the creamy spinach, and the ostrich slices. Serve alongside the fresh salad. Cheers, Chef!

Chef's Tip Creamy spinach is best enjoyed warm, so cover with a lid to keep it warm.