



# UCCOOK

## Charred Corn & Cajun Ostrich Bites

with Danish-style feta & baby tomatoes

A Tex-Mex inspired salad with all the trimmings! Fresh green leaves are tossed with dots of charred corn, yummy fried beans, baby tomatoes and jalapeño pieces. Topped with butter-basted ostrich chunks and drizzled with a lime-flavoured sour cream. All garnished with creamy feta and fresh coriander.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Strandveld | Grenache

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## Ingredients & Prep

2	Corn on the Cob <i>silks removed</i>
20ml	NOMU Cajun Rub
240g	Cannellini Beans <i>drained &amp; rinsed</i>
300g	Free-range Ostrich Chunks
160g	Baby Tomatoes <i>rinsed &amp; halved</i>
20g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
40g	Green Leaves <i>rinsed</i>
60ml	Sour Cream
30ml	Lime Juice
5g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
50g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. CORN ON THE COB** Place a pan (with a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a drizzle of oil. Fry until lightly charred, 3-4 minutes (turning as it colours). In the final minute, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and set aside.

**2. FRIED BEANS** Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the drained beans until warmed through, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SEARED OSTRICH** Return the pan to 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 (shifting occasionally). In the final minute, baste with the remaining NOMU rub and a knob of butter. Remove from the pan. Season and set aside.

**4. JUST BEFORE SERVING** Trim the ends off the charred cobs, and slice the kernels off the cob. To a salad bowl, add the halved tomatoes, the corn kernels, the chopped jalapeños, the fried beans, and the rinsed leaves. Add a drizzle of olive oil, season, and toss to combine. In a small bowl, combine the sour cream, the lime juice (to taste), and ½ the chopped coriander. Mix to combine, loosen with a splash of water until drizzling consistency, and season.

**5. WOW!** Plate the charred corn salad, top with the ostrich pieces, and drizzle over the sour cream. Crumble over the drained feta and garnish with the remaining coriander. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	420kj
Energy	100kcal
Protein	8.5g
Carbs	9g
of which sugars	2.4g
Fibre	1.9g
Fat	3.7g
of which saturated	1.7g
Sodium	226mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days