



UCOOK

Wholesome Mexi Ostrich Salad

with sautéed kale, guacamole & millet

Dig into our divine Mexican ostrich salad. Sitting on a bed of fluffy millet and served with sautéed kale, guacamole and scattered with crispy onions. A beaut!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Alex Levett

♥ Health Nut

Anthonij Rupert | L'Ormarins Brut Classique
Rosé NV

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Ingredients & Prep

150ml	Millet
20ml	NOMU Spanish Rub
200g	Kale <i>rinsed & roughly shredded</i>
100g	Corn
300g	Free-range Ostrich Stroganoff <i>cut into bite-sized pieces</i>
1	Plum Tomato <i>rinsed & diced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>
160g	Guacamole
30ml	Crispy Onions

From Your Kitchen

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

1. FLUFFED MILLET Place a pot over a medium heat. When hot, toast the millet for 1-2 minutes, shifting occasionally. Pour in 300ml of salted water, stir through ½ of the Spanish rub, and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Replace the lid and set aside to keep warm until serving.

2. GREEN KALE Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil. Place a nonstick pan over a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Cover with a plate and set aside.

3. CHARRED CORN Return the pan to a high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally.

4. JUICY OSTRICH Return the pan to a high heat with a drizzle of oil, if necessary. When hot, fry the ostrich pieces with the remaining Spanish Rub for 1-2 minutes until just cooked. Remove from the pan on completion and season.

5. SALSA BABY! In a salad bowl, place the diced tomato, ½ the chopped coriander, the charred corn, a generous drizzle of olive oil and a squeeze of lemon juice to taste. Season and toss to combine.

6. GRUB'S UP! Plate up the salad buddha-bowl style. Place the sautéed kale alongside the millet and juicy ostrich pieces. Side with the fresh salsa and dollop over the guacamole and scatter with crispy onions. Finish with a garnish of the remaining coriander and any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	523kJ
Energy	125Kcal
Protein	8.2g
Carbs	12g
of which sugars	1.7g
Fibre	2.9g
Fat	4.8g
of which saturated	0.9g
Sodium	132mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within
4 Days