



UCOOK

Amazing Aubergine & Ostrich Salad

with Kalamata olives, creamy feta & sunflower seeds

A delicious salad packed with beautiful ingredients! It is equally as fresh as it is filling, with the lightness of salad leaves, the richness of feta, the tanginess of a stunning mustard lemon dressing, and the heartiness of roasted aubergines and tender ostrich slices.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Carb Conscious

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
10ml	NOMU Provençal Rub
25ml	Tahini
1	Lemon <i>½ cut into wedges</i>
5ml	Dijon Mustard
1	Garlic Clove <i>peeled & grated</i>
160g	Free-range Ostrich Steak
25g	Pitted Kalamata Olives <i>roughly chopped</i>
40g	Salad Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>
10g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. A GRACIOUS ROAST Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, ½ the rub, and seasoning. Roast in the hot oven for 20-25 minutes until softened, shifting halfway.

2. GET DRESSED In a bowl, combine the tahini, a squeeze of lemon juice, and seasoning. Add water in 5ml increments until a drizzling consistency. Set aside. In a salad bowl, combine the mustard, the grated garlic (to taste), a drizzle of oil, a sweetener of choice, and seasoning.

3. THE OST-RICH & FAMOUS When the aubergine has 10 minutes remaining, place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference (the time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter and the remaining rub to baste the steaks. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. TOSS TOGETHER To the salad bowl with the mustard dressing, add the chopped olives and the salad leaves. Toss until fully combined.

5. IT'S SALAD SEASON Make a bed of the dressed leaves and olives. Top with the aubergine chunks and the ostrich slices. Drizzle over the tahini dressing and crumble over the drained feta. Sprinkle over the sunflower seeds and serve with any remaining lemon wedges on the side. Beautiful, Chef!



Chef's Tip

If you're not a fan of raw garlic, quickly fry it for 1 minute, until fragrant, before adding it to the salad dressing.

Nutritional Information

Per 100g

Energy	464kj
Energy	111Kcal
Protein	8.8g
Carbs	5g
of which sugars	2.5g
Fibre	2.4g
Fat	6.3g
of which saturated	1.9g
Sodium	6mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within
4 Days