



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.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

1	Corn on the Cob <i>silks removed</i>
10ml	NOMU Cajun Rub
120g	Cannellini Beans <i>drained & rinsed</i>
150g	Free-range Ostrich Chunks
80g	Baby Tomatoes <i>rinsed & halved</i>
10g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
30ml	Sour Cream
15ml	Lime Juice
3g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
25g	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