



# UCCOOK

## Loaded Ostrich Salad

**with pita quarters, roasted sweet potato & a dill yoghurt**

Get a load of this, Chef! It's the freshness & brightness of salad combined with the comforting flavours of roasted sweet potato half-moons, garlic & butter-basted ostrich, tangy tomato, dill-icious dill yoghurt, briney pops of capers and pita quarters to make sure you get every last bit of this tantalising combination of flavours. Yummy!

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Creation Wines | Creation Merlot

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into half-moons</i>
15g	Almonds
4g	Fresh Dill
80g	Baby Tomatoes
30g	Artichoke Quarters
50ml	Low Fat Plain Yoghurt
150g	Free-range Ostrich Chunks
10ml	NOMU Roast Rub
1	Garlic Clove <i>peeled &amp; grated</i>
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
10g	Capers <i>drained</i>
1	Pita Bread

## From Your Kitchen

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

**1. I SEE, HALF-MOONS ARISING** Preheat the oven to 200°C. Spread the sweet potato half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

**2. YES, ALL OF THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DILLICIOUS DINNER IN THE MAKING** Rinse and finely chop the dill. Cut the baby tomatoes into quarters. Drain and halve the artichoke quarters. In a small bowl, combine the yoghurt, ½ the chopped dill, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**4. LET'S MULTI-TASK** When the sweet potato has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste in a knob of butter, the NOMU rub, and the grated garlic. Remove from the pan, season, and cover.

**5. LOAD UP THE SALAD** In a salad bowl, combine a sweetener, a drizzle of olive oil, and seasoning. Just before serving, toss through the shredded salad leaves, the tomato quarters, the halved artichokes, the cooked ostrich, the drained capers, the roasted sweet potato, and the remaining dill.

**6. PITA PARTY** Return the pan, wiped down, to a medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Cut into quarters.

**7. BRING IT ALL TOGETHER** Plate up the loaded ostrich salad. Sprinkle over the toasted almonds. Drizzle over ½ the dill yoghurt and serve the remaining yoghurt on the side. Serve with the pita quarters for dunking. Time to dine, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato half-moons in oil and season. Air fry at 200°C until crispy, 20-25 minutes.

## Nutritional Information

Per 100g

Energy	447.0kJ
Energy	114.0kcal
Protein	7.2g
Carbs	15.0g
of which sugars	2.8g
Fibre	2.0g
Fat	2.2g
of which saturated	.4g
Sodium	213.0mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within  
4 Days