

Eat Within 4 Days

# UCOOK

## Grilled Ostrich & Chickpea Salad

**with balsamic reduction**

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Bertha Wines | Bertha Shiraz

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 412kJ | 2602kJ |
| Energy | 99kcal | 622kcal |
| Protein | 8.7g | 54.6g |
| Carbs | 10g | 64g |
| of which sugars | 4.2g | 26.4g |
| Fibre | 2.4g | 15.3g |
| Fat | 2.6g | 16.5g |
| of which saturated | 0.9g | 5.8g |
| Sodium | 53mg | 336mg |

**Allergens:** Sulphites, Egg, Cow's Milk, Allium

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 240g | 480g | Carrot<br>*rinse, trim, peel & cut into wedges* |
| 120g | 240g | Chickpeas<br>*drain & rinse* |
| 150g | 300g | Free-range Ostrich Fillet |
| 1 | 1 | Garlic Clove<br>*peel & grate* |
| 20g | 40g | Green Leaves<br>*rinse & roughly chop* |
| 50g | 100g | Cucumber<br>*rinse & slice into thin rounds* |
| 30g | 60g | Italian-style Hard Cheese<br>*peel into shavings* |
| 10ml | 20ml | Balsamic Reduction |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. CARROT WEDGES Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry the carrot at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHICKPEAS When the carrots have been roasting for 10-15 minutes, scatter over the chickpeas and roast for the remaining time until they crisp up.

3. OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the garlic. Remove from the pan and season.

4. FRESH SALAD In a bowl, combine the green leaves, the cucumber, the cheese shavings, the carrots and chickpeas, a drizzle of olive oil, and seasoning.

5. TIME TO EAT Plate up the loaded salad, top with the ostrich, and drizzle over the balsamic reduction. Well done, Chef!