



UCCOOK

Lemon & Herb Ostrich Grain Salad

with buckwheat & charred corn

Hands-on Time: 30 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	462kj	2042kj
Energy	110kcal	488kcal
Protein	10.2g	45.2g
Carbs	12g	52g
of which sugars	2g	11g
Fibre	2g	8g
Fat	2.7g	11.7g
of which saturated	1g	4.5g
Sodium	115.2mg	508.7mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Buckwheat <i>rinse</i>
50g	100g	Corn
20g	40g	Green Leaves <i>rinse</i>
100g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>
20g	40g	Pickled Onions <i>drain & slice into rounds</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
15g	30g	Danish-style Feta <i>drain & crumble</i>
20g	40g	Piquanté Peppers <i>drain</i>
160g	320g	Free-range Ostrich Steak

From Your Kitchen

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

1. BEGIN THE BUCKWHEAT Place the buckwheat in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 200ml [400ml] of salted water. Cover and simmer until the water has been absorbed, 15-20 minutes. Remove from the heat and steam for 10 minutes. Fluff with a fork and cover.

2. CHARRED CORN Place a pan over medium-high heat with a light drizzle of oil. Fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ADD THE FRESHNESS Add the green leaves to a salad bowl. Toss with the cucumber matchsticks, the pickled onions, ½ the parsley, the lemon juice (to taste), and seasoning. Set aside.

4. LOAD WITH FLAVOUR When the buckwheat is done, toss through the mint, the charred corn, the feta, the peppers, and seasoning. Set aside.

5. O-YUM 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 per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. LOVELY DINNER Serve up the loaded buckwheat and top with the ostrich slices. Plate the fresh-dressed salad alongside and garnish with the remaining parsley.