

UCOOK

Ostrich, Berry & Green Salad

with butternut & beetroot crisps

Prepare to be amazing, Chef, when you make our wonderfully Wonka-licious salad with browned ostrich, shredded cabbage, oven-roasted butternut rounds, and berry delicious pops of blueberries, drizzled with a delightful lemon crème fraîche sauce and topped with beetroot crisps for crunch.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

1kg	Butternut
400g	Cabbage
250g	Blueberries
80g	Green Leaves
60ml	Lemon Juice
120ml	Crème Fraîche
600g	Ostrich Chunks
20ml	NOMU BBQ Rub
80g	Rootstock Beetroot Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. NUTTERBUT Preheat the oven to 200°C. Rinse, deseed, peel (optional) and cut the butternut into half-moons. Spread the half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. A SALAD BALLAD Rinse the cabbage, the blueberries, and the green leaves. Finely shred the rinsed cabbage and roughly shred the rinsed leaves. In a bowl, combine the shredded cabbage, the shredded leaves, the blueberries, the butternut half-moons, ½ the lemon juice, a drizzle of olive oil, and seasoning. Set aside.

3. KEEP IT FRAICHE In a small bowl, combine the crème fraîche with the remaining lemon juice and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. SCRUMPTIOUS OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich chunks dry with paper towel and cut into bite-sized pieces. When hot, sear the ostrich until browned, 3-4 minutes (shifting occasionally). You may need to do this step in batches. In the final minute, return all the meat to the pan and baste with a knob of butter (optional) and the NOMU rub. Remove from the pan, reserving any pan juices, season, and set aside.

5. ADD THE CRUNCH Crumble ½ the beetroot crisps into the blueberry & cabbage salad and mix to combine. Crumble the rest into a small bowl and set aside.

6. MAKE IT MARVELOUS Plate up the crunchy berry & cabbage salad topped with the BBQ ostrich, drizzled with any reserved pan juices. Drizzle over the lemon crème fraîche and garnish with the remaining crumbled crisps.



Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	434kJ
Energy	104kcal
Protein	6g
Carbs	11g
of which sugars	5.5g
Fibre	2.1g
Fat	3.8g
of which saturated	1.9g
Sodium	61mg

Allergens

Dairy, Allium

Cook
within
4 Days