



# UCOOK

## Smoky Ostrich & Garlic Bread

with a tomato, baby onion & parsley salsa

Savour the beautiful flavours of Spain with a unique South African twist. A homemade garlic & parsley baguette sides Spanish-spiced and butter-basted ostrich. Dish up the pan-fried charred peppers, the tangy tomato & golden onion salsa, and 'Buen provecho!'

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Hellen Mwanza

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 Simple & Save

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 Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

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3	Garlic Cloves <i>peel &amp; grate</i>
8g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
3	Sourdough Baguettes
6	Pearled Baby Onions <i>peel &amp; thinly slice into rounds</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into thick strips</i>
450g	Ostrich Chunks
15ml	NOMU Spanish Rub

## From Your Kitchen

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

**1. GORGEOUS GARLIC BAGUETTE** Preheat the oven to 200°C. In a small bowl, combine the grated garlic, ½ the chopped parsley, and 60ml of olive oil. Cut 4-5 incisions along the top of each baguette - don't cut all the way through! Smear each incision with the garlic oil. Set aside.

**2. LET'S DO SOME PREP** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until lightly golden, 4-5 minutes (shifting occasionally). In a bowl, combine the diced tomato, the golden onion, the remaining parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside. Wrap the stuffed baguette in tinfoil, place on a baking tray, and pop in the hot oven. Bake until warmed through, 15-20 minutes. In the final 2-3 minutes, remove the tinfoil and bake until crisp.

**3. CHARRED VEG** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. BUTTERY 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, 3-4 minutes (shifting occasionally). In the final 1 minute, baste with a knob of butter and the NOMU Rub. Remove from the pan and season.

**5. SPANISH SENSATION** Plate up the Spanish-spiced ostrich and the garlic bread. Side with the charred peppers and the tomato salsa. Dig in, Chef!

## Nutritional Information

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Per 100g

Energy	455kj
Energy	109kcal
Protein	8.4g
Carbs	16g
of which sugars	3.2g
Fibre	1.5g
Fat	1.4g
of which saturated	0.4g
Sodium	191mg

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## Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook  
within  
4 Days