



UCOOK

Mediterranean Ostrich Salad

with millet & fresh parsley

This fresh and colourful ostrich salad is quick and easy to prepare. Made with fluffy millet, tender ostrich strips, and tangy tomatoes. Finished off with sprinklings of fresh parsley!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Offen



Simple & Save



Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

75ml	Millet <i>rinsed</i>
150g	Ostrich Strips
5ml	NOMU Moroccan Rub
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>rinsed & roughly diced</i>

From Your Kitchen

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

1. LET'S GET GOING Place the rinsed millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. WE GOT OSTRICH Place a pan over high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, fry the ostrich strips until browned, 1-2 minutes (shifting occasionally). In the final minute, toss through the NOMU rub. Remove from the pan, reserving any pan juices. Season and set aside.

3. BUTTERY MILLET Return the pan with all the pan juices to medium heat with a generous knob of butter. Once the butter starts to foam, remove from the pan and toss it through the cooked millet along with ½ the chopped parsley.

4. TOSS IT, CHEF! In a salad bowl, toss the shredded leaves and the diced tomatoes with a drizzle of olive oil and seasoning.

5. PLATE UP! Plate up the buttery millet and top with the seared ostrich strips. Side with the fresh salad and sprinkle over the remaining chopped parsley. Excellent, Chef!

Nutritional Information

Per 100g

Energy	621kJ
Energy	148kcal
Protein	13g
Carbs	18g
of which sugars	1.4g
Fibre	2.4g
Fat	2.6g
of which saturated	0.5g
Sodium	227mg

Allergens

Dairy

Cook
within 3
Days