


# UCOOK

## Ostrich & Dried Fig Salad

**with charred patty pans**

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Nitída | Merlot

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 532kJ | 2423kJ |
| Energy | 127kcal | 580kcal |
| Protein | 9.9g | 45.1g |
| Carbs | 7g | 34g |
| of which sugars | 6.1g | 27.8g |
| Fibre | 1.7g | 7.9g |
| Fat | 6.4g | 29.2g |
| of which saturated | 1.7g | 7.7g |
| Sodium | 191mg | 871mg |

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

**Ingredients & Prep Actions:**

| Serves 3 | [Serves 4] | |
|---|---|---|
| 30g | 40g | Almonds |
| 360g | 480g | Patty Pans<br>*rinse, trim & cut into bite-sized pieces* |
| 2 | 2 | Spring Onions<br>*rinse, trim & finely slice, keeping the white & green parts separate* |
| 45ml | 60ml | Sweet Vinegar<br>*(15ml [20ml] Honey & 30ml [40ml] Vinegar)* |
| 480g | 640g | Free-range Ostrich Steak |
| 30ml | 40ml | NOMU One For All Rub |
| 120g | 160g | Salad Leaves<br>*rinse & shred* |
| 60g | 80g | Dried Figs<br>*roughly tear* |
| 90g | 120g | Danish-style Feta<br>*drain* |
| 125ml | 160ml | Honey Mustard Dressing |

**From Your Kitchen**

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

1. NUTS, VEG & SWEET VINEGAR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until golden, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the spring onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet vinegar.

2. NOMU-SPICED OSTRICH Place a clean pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. BEAUTIFUL SALAD Just before serving, toss the salad leaves, the figs, ½ the nuts, and the feta through the spring onions and patty pans along with a drizzle of olive oil and seasoning.

4. WHAT A PLATE! Plate up the charred patty pan salad and serve alongside the ostrich. Scatter over the remaining nuts and finish off with a drizzle of the honey mustard dressing. Tuck in, Chef.