



UCOOK

Dried Fig, Zucchini & Ostrich Salad

with charred baby marrow

The salad is the star of the show with this recipe, Chef! Sweet dried fig, pan-toasted baby marrow rounds (also known as zucchini), silky onion, fresh greens, toasted almonds & crumbings of feta are tossed with a sweet sherry vinegar dressing. The supporting act is seared ostrich for a complete and satisfying meal.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jemimah Smith

Quick & Easy

Strandveld | Grenache

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Ingredients & Prep

10g	Almonds
1	Spring Onion <i>rinse, trim & roughly slice</i>
150g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
15ml	Sweet Sherry Vinegar <i>(5ml Honey & 10ml Sherry Vinegar)</i>
150g	Free-range Ostrich Fillet
10ml	NOMU One For All Rub
20g	Salad Leaves <i>rinse & shred</i>
20g	Dried Figs <i>roughly tear</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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 baby marrow until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes add the sliced onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet sherry 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 shredded leaves, the torn figs, ½ the toasted nuts and the drained feta through the dressed onions & baby marrows along with a drizzle of olive oil and seasoning.

4. WHAT A PLATE! Plate up the charred baby marrow salad and serve alongside the sliced ostrich. Scatter over the remaining toasted nuts.

Nutritional Information

Per 100g

Energy	452kj
Energy	108kcal
Protein	10.4g
Carbs	7g
of which sugars	5.3g
Fibre	1.6g
Fat	4.5g
of which saturated	1.7g
Sodium	170mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Eat
Within
3 Days