

Eat Within 4 Days

UCOOK

Grilled Ostrich & Chickpea Salad

with balsamic reduction

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	412kJ	2602kJ
Energy	99kcal	622kcal
Protein	8.7g	54.6g
Carbs	10g	64g
of which sugars	4.2g	26.4g
Fibre	2.4g	15.3g
Fat	2.6g	16.5g
of which saturated	0.9g	5.8g
Sodium	53mg	336mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot *rinse, trim, peel & cut into wedges*
360g	480g	Chickpeas *drain & rinse*
450g	600g	Free-range Ostrich Fillet
2	2	Garlic Cloves *peel & grate*
60g	80g	Green Leaves *rinse & roughly chop*
150g	200g	Cucumber *rinse & slice into thin rounds*
90g	120g	Italian-style Hard Cheese *peel into shavings*
30ml	40ml	Balsamic Reduction

From Your Kitchen

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

1. CARROT WEDGES Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry the carrot at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CHICKPEAS When the carrots have been roasting for 10-15 minutes, scatter over the chickpeas and roast for the remaining time until they crisp up.

3. OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the garlic. Remove from the pan and season.

4. FRESH SALAD In a bowl, combine the green leaves, the cucumber, the cheese shavings, the carrots and chickpeas, a drizzle of olive oil, and seasoning.

5. TIME TO EAT Plate up the loaded salad, top with the ostrich, and drizzle over the balsamic reduction. Well done, Chef!