



QCOOK

Pan Seared Ostrich & Green Beans

with apple, green leaves and a honey mustard salad

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info

	Per 100g	Per Portion
Energy	395kJ	2078kJ
Energy	94kcal	497kcal
Protein	7.5g	39.7g
Carbs	9g	49g
of which sugars	6g	26g
Fibre	3g	15g
Fat	3.2g	16.8g
of which saturated	0.6g	3.3g
Sodium	62.2mg	327.3mg

Allergens: Sulphites, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Green Beans
1	2	Apple/s
40g	80g	Green Leaves
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Parsley & 3g [5g] Fresh Coriander)</i>
160g	320g	Free-range Ostrich Steak
15ml	30ml	Spice Mix <i>(5ml [10ml] Ground Coriander, 5ml [10ml]-Ground Cumin & 5ml [10ml] Garlic Powder)</i>
30ml	60ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

Ice Blocks

Oil (cooking, olive or coconut)

1. PREP Rinse, trim, and cut the green beans in half. Rinse, core and thinly slice the apple. Rinse and pick the green leaves. Rinse pick, and roughly chop the mixed herbs.

2. O-YUM OSTRICH Place a pan over medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. AMAZING APPLE SALAD Return pan to a medium-high heat. When hot, add the green beans and lightly coat with cooking spray or oil (optional). Fry until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover. Place the apple, green leaves, herbs, and honey mustard dressing in a bowl. Mix to combine and set aside.

4. WHAT A GREAT PLATE Plate up the sliced steak, serve with the green beans, and add the apple salad to the side. Enjoy your meal, Chef.