



UCCOOK

Honey-Mustard Roasted Ostrich Salad

with pecan nuts

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Boschendal | Nicolas

Nutritional Info

	Per 100g	Per Portion
Energy	433kJ	3972kJ
Energy	103kcal	950kcal
Protein	5.4g	49.8g
Carbs	9g	82g
of which sugars	4.4g	40.4g
Fibre	1.8g	16.8g
Fat	4.9g	45.3g
of which saturated	1.3g	12.1g
Sodium	99mg	905mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
75g	150g	Kale <i>rinse & roughly shred</i>
10g	20g	Pecan Nuts
1	1	Apple <i>rinse & thinly slice</i>
50g	100g	Chevin Goat's Cheese
50ml	100ml	Honey Mustard Dressing
150g	300g	Free-range Ostrich Strips
10ml	20ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. BUTTERNUT & ONION Preheat the oven to 200°C. Spread the butternut and onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CRISPY KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the butternut has 10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

3. CRUNCH FACTOR Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. APPLE SALSA To a salad bowl, add the apple, goat's cheese, ½ the nuts, a drizzle of olive oil, the honey-mustard dressing and seasoning.

5. NOMU-SPICED OSTRICH Return the 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.

6. GREAT PLATE, CHEF! Plate up the crispy kale, side with the butternut and the ostrich slices. Serve the apple salsa alongside and garnish with the remaining nuts.