

CUMIN OSTRICH, CHARRED COS LETTUCE, GARLIC LEMON PASTE

Serves 2

INGREDIENTS

200g ostrich fillets
1 tsp cumin powder
1 tsp salt
1/2 cracked black pepper

1 whole bulb garlic
1 tbsp lemon juice
1/4 tsp salt

1 head cos lettuce / 100g
1 tsp coriander powder
2 whole courgettes / 100g
1/2 plum tomato, quartered / 80g



METHOD

Wrap the whole bulb of garlic and place it into an air fryer at 180 degrees for 30 minutes. Alternatively, place it into a preheated oven (200 degrees) for 45 minutes, or until very tender to when gently squeezed. Remove from the foil while still warm (it's easier to squeeze out the cloves of garlic while still warm) and slice horizontally straight through the centre of the bulb. Squeeze out 2 to 3 whole cloves of garlic and place into a bowl. Add the lemon juice and the salt and use the back of a fork to mince the garlic and mix into the lemon juice. Set aside.

Cut the cos lettuce in half down the middle, then sprinkle the coriander powder and salt in between the leaves. Get a griddle pan nice and hot, then place the cos halves, coriander side into the pan. Gently press down, being careful not to burn yourself, for about 20 to 30 seconds. You just want a slight char. Set aside.

Peel your courgettes with a potato peeler, then roll the slices into little cylinders. Use a toothpick to keep them nice and tight, and place in the fridge until you ready to plate.

Season the ostrich fillets with salt, cumin and black pepper, gently pushing the spices into the meat. You will need a non-stick pan for this. Get the pan nice and hot, then add the ostrich fillets. Have some water in a cup near by, and as you add the fillets, add a couple of splashes of water, about 2 tablespoons worth. Cook the ostrich until the water completely evaporates, about a minute. Turn the ostrich over and then add another 2 tablespoons of water and cook until it has completely evaporated. Turn off the heat and leave the ostrich in the pan to rest for at least 2 minutes. The fillets will be rare, which is the best way to eat ostrich. If you don't want your meat rare, simply cook it for longer, adding water continuously until cooked to your liking. Make sure you rest it for as long, if not a bit longer, as you cooked it for.

Once your ostrich has rested, plate like in the picture and enjoy :)

PER PERSON:

100g protein
140g vegetables