



UCOOK

Rosemary & Lemon Ostrich Fillet

with roasted cabbage & green beans

An oven-roasted vegetable medley of roasted cabbage, green beans, & bell peppers is a colourful complement to rosemary-infused, butter-basted ostrich steak. Decorate the plate with a lemon wedge and get ready for some compliments, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

100g	Cabbage <i>rinse & cut into bite-sized chunks</i>
100g	Green Beans <i>rinse, trim & cut in half</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
150g	Free-range Ostrich Fillet
3g	Fresh Rosemary <i>rinse</i>
1	Lemon <i>rinse & cut ½ into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the cabbage chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until slightly crispy, 20-25 minutes (shifting halfway). At the halfway mark, add the green beans and the pepper strips, and roast until charred.

2. OSTRICH O'CLOCK Place a 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, the rinsed rosemary, and a squeeze of lemon juice (to taste). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. PLATE UP PERFECTION Plate up the roasted veggies. Serve with the sliced ostrich on the side and any remaining lemon wedges. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the cabbage chunks in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). In the final 10 minutes, coat the beans and the pepper in oil, and air fry until charred.

Nutritional Information

Per 100g

Energy	182kj
Energy	43kcal
Protein	4.8g
Carbs	5g
of which sugars	2.5g
Fibre	2g
Fat	0.7g
of which saturated	0.2g
Sodium	12mg

Allergens

Cow's Milk

Eat
Within
4 Days