

UCOOK

Tex-Mex Ostrich Fillet

with cannellini bean chilli, roast butternut & pesto

Tuck into this lean ostrich fillet, dripping with hemp seed and coriander pesto. With sides of tomatoey bean chilli, swirled with Cajun spice and corn, oven-caramelised butternut, and a salad of green leaves, piquanté peppers, and almond flakes.

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Alex Levett

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

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Ingredients & Prep

1kg	Butternut <i>deseeded & cut into half-moons</i>
60g	Flaked Almonds
40ml	NOMU Cajun Rub
400g	Cooked Chopped Tomato
240g	Cannellini Beans <i>drained & rinsed</i>
200g	Corn
600g	Free-range Ostrich Fillet
80g	Green Leaves <i>rinsed</i>
80g	Piquanté Peppers <i>drained & roughly chopped</i>
60ml	The Real Food Factory Hemp Seed & Coriander Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. ROAST THE BUTTERNUT Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and golden, flipping at the halfway mark.

2. CRUNCHY ALMONDS Place the flaked almonds in a large pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. TEX-MEX BEAN CHILLI Place a pot over a medium heat with a drizzle of oil. When hot, fry the Cajun Rub (to taste) for about a minute until fragrant, shifting constantly. Stir through the cooked chopped tomatoes, 100ml of water, and the drained cannellini beans. Bring to a simmer and cook for 7-8 minutes until thick and sticky, stirring occasionally. Remove from the heat on completion and mix in the corn. Season to taste with salt, pepper, and a sweetener of choice. Pop on a lid and set aside to keep warm until serving.

4. SEAR THE FILLET Return the pan to a medium heat with a drizzle of oil. Pat the steaks dry with paper towel and season. When the pan is hot, fry the steaks for 8-10 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing.

5. RAINBOW SALAD & PESTO DRIZZLE Place the rinsed green leaves and drained piquanté peppers in a bowl. Season, toss until combined and set aside for serving. Loosen the pesto with 1 tsp of oil to form a drizzling consistency.

6. GRUB'S UP! Lay out the tasty ostrich slices and drizzle over the pesto. Alongside, plate the amber butternut and spoonfuls of Cajun bean chilli. Garnish the salad with the toasted almond flakes and serve on the side. Dig in!



Chef's Tip

The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!

Nutritional Information

Per 100g

Energy	408kj
Energy	98Kcal
Protein	7g
Carbs	10g
of which sugars	2.9g
Fibre	2.3g
Fat	3g
of which saturated	0.4g
Sodium	216mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days