



UCOOK

Classic Blue Cheese Sauce & Ostrich

with roasted beetroot & fresh parsley

Sizzling ostrich steak is served alongside roasted beetroot chunks with tomatoes and green leaves - zingy and vibrant! It is sided with a classic, creamy blue cheese sauce, elevating this already delish dish to the next level. Sprinklings of fresh parsley and chopped walnuts finish off this winner of a dinner!


Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Estate Soet Hanepoot

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
160g	Free-range Ostrich Steak
10ml	NOMU Roast Rub
1	Tomato <i>rinse & roughly dice</i>
20g	Green Leaves <i>rinse</i>
65ml	Fresh Cream
20g	Blue Cheese
3g	Fresh Parsley <i>rinse & pick</i>
10g	Walnuts <i>roughly chop</i>

From Your Kitchen

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

1. ROAST BEET Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. SIZZLING OSTRICH 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. LOADED BEET When the beetroot is done, place in a bowl. Add the diced tomato, the rinsed green leaves, and seasoning. Mix until combined.

4. BLUE CHEESE SAUCE Return the pan to medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes. Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season.

5. DINNER IS SERVED Plate up the loaded roasted beetroot. Side with the ostrich slices and pour over the dreamy blue cheese sauce. Sprinkle over the picked parsley and garnish with the chopped walnuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the beetroot chunks in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	515kj
Energy	123kcal
Protein	8.5g
Carbs	4g
of which sugars	1.5g
Fibre	1.4g
Fat	7.8g
of which saturated	3.9g
Sodium	191mg

Allergens

Allium, Tree Nuts, Cow's Milk

Cook
within
4 Days