



UCOOK

Ostrich & Hasselback Beetroot

with hummus & basil pesto

Named after the Swedish restaurant that first used this technique on potatoes, you will be creating hasselback beets today. Fancy, Chef! This will be dished up on a smear of creamy hummus and drizzled with Pesto Princess Basil Pesto. Seared & butter-basted ostrich, a zesty pear, mushroom & greens salad and toasted almonds complete the fusion of flavours dish.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & peel (optional)</i>
10g	Almonds <i>roughly chop</i>
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
65g	Button Mushrooms <i>wipe clean & slice into quarters</i>
1	Pear <i>rinse, peel, core & thinly slice ½</i>
10ml	Lemon Juice
150g	Free-range Ostrich Chunks
5ml	NOMU One For All Rub
50ml	Hummus
30ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. I'LL BE HASSELBACK Preheat the oven to 220°C. Place the rinsed beets between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Wrap each hasselback beet in tin foil, and place them, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through, 45-50 minutes.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PEAR SALAD In a bowl, combine the green leaves, the cucumber half-moons, the quartered mushrooms, the sliced pear, the lemon juice, a drizzle of olive oil, and seasoning.

4. O-YUM OSTRICH Return the pan to 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 (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan. Season and set aside.

5. DINNER = DONE Smear half of the plate with the hummus, top with the roasted hasselback beets, and drizzle over the pesto. Side with the fresh salad, the browned ostrich, and scatter over the toasted nuts. Enjoy.



Chef's Tip

Alternatively, you can fry the mushrooms. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

Nutritional Information

Per 100g

Energy	411kj
Energy	98kcal
Protein	5.6g
Carbs	8g
of which sugars	3.3g
Fibre	2.2g
Fat	4.9g
of which saturated	1g
Sodium	129mg

Allergens

Egg, Allium, Sesame, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days