



# UCOOK

## Miso Butter Ostrich

**with spinach, roasted butternut & beetroot**

Sumptuous ostrich fillet smothered in a rich, umami-packed miso butter sauce. Served alongside toasted sesame spinach and roasted butternut & beetroot chunks. It's a one-way ticket to flavour town!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Strandveld | Syrah

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## Ingredients & Prep

|      |                                                                                   |
|------|-----------------------------------------------------------------------------------|
| 1kg  | Butternut<br><i>de-seeded, peeled (optional) &amp; cut into bite-sized pieces</i> |
| 400g | Beetroot Chunks<br><i>cut into bite-sized pieces</i>                              |
| 20ml | White Sesame Seeds                                                                |
| 40ml | Miso Paste                                                                        |
| 20ml | Mirin                                                                             |
| 2    | Onions<br><i>peeled &amp; roughly diced</i>                                       |
| 400g | Spinach<br><i>rinsed &amp; roughly shredded</i>                                   |
| 20ml | Sesame Oil                                                                        |
| 600g | Free-range Ostrich Fillet                                                         |

## From Your Kitchen

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

**1. READY, SET, ROAST** Preheat the oven to 200°C. Spread out the butternut and beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 35-40 minutes (shifting halfway).

**2. OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the miso paste and the mirin.

**3. SESAME SWISS CHARD** Return the pan to medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 4-5 minutes (shifting occasionally). Add the shredded spinach and fry until wilted, 3-4 minutes (shifting occasionally). Remove from the pan and add the sesame oil, ½ the toasted sesame seeds, and seasoning to the spinach. Set aside and cover.

**4. MISO BUTTER** Boil the kettle. Place a pan over medium heat. When hot, melt 40g of butter. Remove from the heat. In a bowl, add the miso paste mixture and 60ml of boiling water. Mix until loosened and slowly whisk in the melted butter until combined. Set aside.

**5. SIZZLING 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 per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing.

**6. DIG IN!** Plate up the ostrich slices and drizzle over the miso butter sauce. Side with the sesame spinach and the roasted butternut and beetroot chunks. Sprinkle over the remaining sesame seeds. Delicious, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 306kJ  |
| Energy             | 73kcal |
| Protein            | 6g     |
| Carbs              | 7g     |
| of which sugars    | 2.4g   |
| Fibre              | 1.8g   |
| Fat                | 1.7g   |
| of which saturated | 0.4g   |
| Sodium             | 213mg  |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Alcohol, Soy

Cook  
within 5  
Days