



# UCOOK

## Cherry Tomato Sauce & Ostrich Steak

**with roasted butternut & chickpeas**

Oven-roasted butternut & chickpeas are paired with a moreish cherry tomato relish elevated with fresh rosemary & balsamic vinegar. This stunning veggie base is then topped with butter-basted ostrich steak slices and sided with fresh green leaves crumbled with Danish-style feta. Finished up with dollops of chimichurri sauce.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Carb Conscious

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
80g	Cherry Tomatoes <i>rinse</i>
1	Garlic Clove <i>peel &amp; grate</i>
3g	Fresh Rosemary <i>rinse</i>
10ml	Balsamic Vinegar
60g	Chickpeas <i>drain &amp; rinse</i>
160g	Free-range Ostrich Steak
20g	Green Leaves <i>rinse</i>
20g	Danish-style Feta <i>drain</i>
20ml	Pesto Princess Chimichurri Sauce

## From Your Kitchen

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

**1. ROAST BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CHERRY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed tomatoes, the grated garlic, and the rinsed rosemary sprigs until the tomatoes are blistered, 5-6 minutes. Press the tomatoes down with the back of a wooden spoon until saucy. Add the balsamic vinegar and simmer, 1-2 minutes. Remove from the heat and discard the rosemary sprigs. Add a sweetener (to taste) and seasoning.

**3. CRISPY CHICKPEAS** When the butternut has been roasting for 10 minutes, coat the rinsed chickpeas in oil and seasoning. Scatter the chickpeas over the butternut and roast for the remaining time until crispy.

**4. SIZZLING STEAK** Place a clean 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**5. SOME FRESHNESS** In a salad bowl, combine the rinsed green leaves, a drizzle of olive oil, and seasoning.

**6. TIME TO DINE** Plate up the roasted veggies alongside the cherry tomato sauce. Top the sauce with the steak slices. Side with the green salad and crumble over the drained feta. Dollop the chimichurri sauce over everything. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons and the drained chickpeas in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	407kJ
Energy	97kcal
Protein	7.8g
Carbs	8g
of which sugars	1.9g
Fibre	2.2g
Fat	3g
of which saturated	1g
Sodium	79mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days