

# UCCOOK

## Red Pepper Hummus & Ostrich Steak

with roasted carrots & a cucumber salsa

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitida | The Matriarch Cap Classique

### Nutritional Info

	Per 100g	Per Portion
Energy	332kj	2568kj
Energy	79kcal	614kcal
Protein	5.9g	46g
Carbs	8g	59g
of which sugars	4g	31.6g
Fibre	2g	15.1g
Fat	2.9g	22.1g
of which saturated	0.5g	4.2g
Sodium	88mg	679.7mg

**Allergens:** Cow's Milk, Allium, Sesame, Sulphites

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
15g	30g	Sunflower Seeds
100g	200g	Cucumber <i>rinse &amp; finely dice</i>
1	1	Onion <i>peel &amp; finely dice ¼ [½]</i>
40g	80g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
15ml	30ml	Lemon Juice
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU Oriental Rub
50ml	100ml	Red Pepper Hummus

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. ROASTED CARROTS** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. QUICK SALSA** In a bowl, combine the cucumber, the onion (to taste), the sun-dried tomatoes, ½ the sunflower seeds, and the lemon juice (to taste). Season and set aside.

**4. SIZZLING STEAK** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. TIME TO EAT** Make a smear with the hummus and top with the carrots. Serve alongside the ostrich slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!