



UCOOK

Red Pepper Hummus & Ostrich Steak

with roasted carrots & a cucumber salsa

A delicious weeknight dinner the whole family will love! Sweet, oven-roasted carrot wedges rest on a red pepper hummus sauce, accompanied by scrumptious ostrich slices. Sided with a cucumber & sun-dried tomato salsa garnished with toasted sunflower seeds.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

Fan Faves

Painted Wolf Wines | The Pack Darius
Carignan 2020

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Ingredients & Prep

| | |
|-------|--|
| 960g | Carrot <i>rinse, trim, peel & cut into wedges</i> |
| 40g | Sunflower Seeds |
| 200g | Cucumber <i>rinse & finely dice</i> |
| 1 | Onion <i>peel & finely dice</i> |
| 80g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 60ml | Lemon Juice |
| 640g | Free-range Ostrich Steak |
| 20ml | NOMU Beef Rub |
| 160ml | Red Pepper Hummus |

From Your Kitchen

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

1. ROASTED CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 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 diced cucumber, the diced onion (to taste), the chopped sun-dried tomatoes, ½ the toasted 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. When hot, 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 roasted carrots. Serve alongside the ostrich slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 317kJ |
| Energy | 76kcal |
| Protein | 6.3g |
| Carbs | 7g |
| of which sugars | 3.8g |
| Fibre | 1.9g |
| Fat | 2.3g |
| of which saturated | 0.5g |
| Sodium | 83mg |

Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat
Within
4 Days