



UCCOOK

Chimichurri & Ostrich Fillet

with roasted butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	349kj	2051kj
Energy	83kcal	491kcal
Protein	7.2g	42.4g
Carbs	6g	37g
of which sugars	2g	11g
Fibre	2g	9g
Fat	2.8g	16.3g
of which saturated	0.9g	5.5g
Sodium	87mg	510mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
50g	100g	Kale <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Rosemary <i>rinse</i>
10ml	20ml	Balsamic Vinegar
150g	300g	Free-range Ostrich Fillet
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Cooking Spray (or oil of your choice)
Water
Paper Towel
Seasoning (salt & pepper)

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional), and season. 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. KALE PREP Place the kale in a bowl, lightly coat with cooking spray or oil (optional), and season. Using your hands, massage until softened and coated.

3. BABY TOMATO SAUCE Place a pan over medium heat. Lightly coat with cooking spray or oil (optional). When hot, fry the tomatoes until blistered, 5-6 minutes. In the final 1-2 minutes, add the garlic and the rosemary sprigs. Press the tomatoes down with the back of a wooden spoon until saucy. Mix in the balsamic vinegar and simmer for 1-2 minutes. Remove from the heat and discard the rosemary sprigs and season.

4. CRISPY KALE When the butternut has been roasting for 8-10 minutes, scatter the kale over the butternut and roast for the remaining time until crispy.

5. SIZZLING STEAK Place a clean pan over medium-high heat and lightly add cooking spray or oil (optional). 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 set aside to rest for 5 minutes before slicing and seasoning.

6. TIME TO DINE Plate up the roasted veggies alongside the baby tomato sauce and top the sauce with the steak slices. Crumble over the feta and dollop the chimichurri sauce over everything. Enjoy, Chef!