

UCOOK

Scrumptious Ostrich & Beet-apple Slaw

with raspberry vinegar, toasted almonds & Danish-style feta

Basted in butter, this seared ostrich fillet will make your mouth water. The dish is completed with a pouring of pan juices and complemented with a raspberry vinegar-infused beetroot & apple slaw for balance. Healthy and hearty!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Paardenkloof Wines | Paardenkloof Ecology Shiraz

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Ingredients & Prep

60g	Almonds <i>roughly chop</i>
600g	Beetroot <i>rinse, trim, peel, grate ½ & cut ½ into bite-sized pieces</i>
2	Apples <i>rinse, peel, core & cut 1½ into thin matchsticks</i>
60ml	Raspberry Vinegar
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
15ml	Ground Cumin
720	Carrot <i>rinse, trim, peel & cut into wedges</i>
450g	Free-range Ostrich Fillet
60g	Green Leaves <i>rinse</i>
90g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. AMAZING ALMONDS Place the chopped almonds in a pot (large enough for the carrots) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. CAN'T BEET THIS Pat the grated beetroot dry with paper towel. Place in a bowl along with the apple matchsticks, the vinegar, a sweetener (to taste), the sliced chilli (to taste), a drizzle of olive oil, and seasoning. Set aside.

3. MAKE THE CUMIN VEG Return the pot to medium-high heat with a drizzle of oil, a knob of butter, and the cumin. When hot, add the carrot wedges and beetroot pieces. Fry until slightly softened and starting to brown, 4-5 minutes (shifting occasionally). Pour in a splash of warm water, cover, and simmer until the carrot wedges are soft, 8-10 minutes.

4. OSTENTATIOUS OSTRICH Place a 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. Reserve the pan juices.

5. ONE LAST STEP... When the carrot and beetroot are cooked, add to the bowl with the toasted almonds. Add the rinsed green leaves and seasoning. Mix until combined.

6. DRESS THE MEAL FOR DINNER Plate up the ostrich steak slices and drizzle over the reserved pan juices. Side with the carrot salad and the beetroot-apple slaw. Sprinkle the crumbled feta over the salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	334kJ
Energy	80kcal
Protein	5.5g
Carbs	8g
of which sugars	4.1g
Fibre	2.2g
Fat	2.8g
of which saturated	0.8g
Sodium	76mg

Allergens

Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days