



UCCOOK

Grilled Ostrich & Roasted Veg

with a fresh green salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	323kJ	2056kJ
Energy	77kcal	492kcal
Protein	6.7g	43g
Carbs	7g	46g
of which sugars	4g	23g
Fibre	2g	12g
Fat	2g	12.7g
of which saturated	0.9g	6g
Sodium	75.1mg	478.9mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
1	1	Onion <i>peel & finely slice ¾ [1]</i>
120ml	160ml	Pickling Liquid <i>(90ml [120ml] Red Wine Vinegar & 30ml [40ml] Coconut Sugar)</i>
300g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
450g	600g	Free-range Ostrich Fillet
60g	80g	Danish-style Feta <i>drain</i>
90ml	125ml	Low Fat Plain Yoghurt
120g	160g	Corn
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
120g	160g	Green Leaves <i>rinse</i>
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. PICKLED ONION Preheat the oven to 200°C. In bowl, combine the onion, the pickling liquid, and seasoning.

2. ROAST WITH THE MOST Spread the beetroot, and the carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. O-YUM 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). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. FETA DIP To a bowl, add the feta, and the yoghurt. Mash with a fork or potato masher until mixed but still chunky. Add water in 10ml increments if the mixture is not coming together.

5. CORN & CUCUMBER SALAD To a separate bowl, add the corn, the cucumber, the green leaves, the mint, the onion, and seasoning. Add the pickling liquid (to taste).

6. WHAT A FEAST Plate up the loaded salad, and top with the meat. Side with the veggies, and dollop over the feta dip. Enjoy, Chef!