



UCCOOK

Hasselback Beetroot & Ostrich Steak

with roast carrot & baby onions

Hands-on Time: 30 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	324kJ	2625kJ
Energy	78kcal	628kcal
Protein	6.5g	52.6g
Carbs	9g	74g
of which sugars	4g	32.4g
Fibre	2.2g	17.8g
Fat	2.8g	22.3g
of which saturated	0.9g	7.5g
Sodium	115mg	937mg

Allergens: Cow's Milk, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
10ml	20ml	Banhoek Chilli Oil
200g	400g	Beetroot <i>peel & halve</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30g	60g	Blue Cheese
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU Roast Rub
3	6	Baby Onions <i>peel & halve</i>

From Your Kitchen

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

1. BEETS Preheat the oven to 200°C. Place the beets between the handles of two wooden spoons, cut side down. Cut slices, through to the spoon, a few mm apart. Coat in oil and season. Wrap each hasselback beet in tin foil, and place them, cut-side up, on a roasting tray. Roast until cooked through, 30-35 minutes.

2. ROAST Spread the carrot and the onions on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. FRY THE 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. PLATE IT! Plate up the hasselback beets alongside the carrots and the onion. Crumble over the blue cheese, and drizzle over the chilli oil. Side with the meat, and garnish with the dill.