

QCOOK

Hasselback Beetroot & Ostrich Steak

with an apple salad

Hands-on Time: 55 minutes

Overall Time: 70 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	290kj	2021kj
Energy	69kcal	484kcal
Protein	6.2g	43.5g
Carbs	6g	40g
of which sugars	3g	18g
Fibre	2g	12g
Fat	2.1g	14.3g
of which saturated	0.5g	3.2g
Sodium	104mg	723mg

Allergens: Sulphites, Sesame, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim & peel (optional)</i>
22.5g	30g	Almonds <i>roughly chop</i>
1	80g	Green Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
2	2	Apples <i>rinse, core & thinly slice 1½ [2]</i>
30ml	40ml	Lemon Juice
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU One For All Rub
150ml	200ml	Hummus

From Your Kitchen

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

1. I'LL BE HASSELBACK Preheat the oven to 220°C. Place the beetroot between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Wrap each hasselback beetroot in tin foil, and place them, cut-side up, on a roasting tray. Coat in cooking spray or a drizzle of oil (optional) and season. Roast until cooked through, 50-60 minutes.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. APPLE SALAD In a bowl, combine the green leaves, the cucumber, the tomato, the apple, the lemon juice, and seasoning.

4. O-YUM OSTRICH Return the pan over medium-high heat. Pat the ostrich dry with paper towel, and coat in cooking spray or add a drizzle of oil to the pan (optional). When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. DINNER = DONE Smear half of the plate with the hummus, top with the roasted hasselback beetroot. Side with the fresh salad, the ostrich, and scatter over the nuts. Enjoy.