



UCCOOK

Butter Bean Purée & Ostrich Steak

with roasted beetroot & caramelised onion

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	302kj	1961kj
Energy	72kcal	469kcal
Protein	7.2g	47g
Carbs	7g	43g
of which sugars	2g	10g
Fibre	2g	15g
Fat	1.5g	9.9g
of which saturated	0.3g	2.1g
Sodium	112.7mg	731.9mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
150g	200g	Kale <i>rinse & roughly shred</i>
22.5g	30g	Sunflower Seeds
2	2	Onions <i>peel & finely slice 1½ [2]</i>
45ml	60ml	Balsamic Vinegar
360g	480g	Butter Beans <i>drain & rinse</i>
480g	640g	Free-range Ostrich Steak
60g	80g	Radish <i>rinse & slice into thin rounds</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Milk (optional)

Blender

Paper Towel

Seasoning (salt & pepper)

1. BEGIN WITH BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the kale in a bowl and massage with a drizzle of oil and season. Massage with your hands until softened.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. BALSAMIC ONIONS Return the pan to medium heat with a drizzle of oil. Fry the onion until caramelised, 10-12 minutes (shifting occasionally). In the final 1-2 minutes, stir through the balsamic vinegar. Remove from the pan, season, and cover.

4. BLEND THE BEANS Place a pot over medium-high heat with the beans and 150ml [200ml] of milk (optional) or water. Once boiling, remove from the heat. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season, cover and set aside. When the beetroot has 10 minutes to go, give the tray a shift, scatter over the dressed kale, and return to the oven.

5. BUTTERY OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. 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. FOR THE FRESHNESS In a salad bowl, toss together the crispy kale, the radish, a drizzle of olive oil, and seasoning.

7. BEAN THERE, DONE THAT Smear the butter bean purée on the plate and top with the balsamic onions and the roasted beetroot. Side with the ostrich slices and the radish salad. Scatter over the toasted sunflower seeds and garnish with the parsley.