



# UCOOK

## Scrumptious Garlic-basted Ostrich

with butternut & sunflower seeds

A sizzling ostrich fillet, crispy butternut chunks, a zingy tomato salad, green beans and a sprinkling of crunchy sunflower seeds come together to create this incredible weeknight dinner. Simple, tasty and unforgettable!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Carb Conscious

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Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
90ml	Pickling Liquid <i>(60ml Red Wine Vinegar &amp; 30ml Honey)</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>
30g	Sunflower Seeds
450g	Free-range Ostrich Fillet
15ml	NOMU Provençal Rub
2	Garlic Cloves <i>peel &amp; grate</i>
300g	Green Beans <i>rinse, trim &amp; slice into thirds</i>
60g	Green Leaves <i>rinse</i>
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)

**1. CRISPY & DELISH** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 35-40 minutes (shifting halfway).

**2. ZING & CRUNCH** In a bowl (big enough for the salad), add the pickling liquid and seasoning. Toss through the diced tomatoes. Set aside to pickle. 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. STEAK-A-LICIOUS** Return the pan to high heat with a drizzle of oil. Pat the fillet dry with paper towel and season. When hot, fry the fillet until browned, 2-3 minutes per side. In the final 1-2 minutes, baste the fillet with a knob of butter, the NOMU rub, and the grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. BLANCH GREEN BEANS** Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans until cooked al dente, 5-6 minutes. Remove from the pan and set aside to cool.

**5. SALADY THINGS** To the bowl with the pickled tomatoes, add the rinsed leaves, the green beans, ½ the chopped parsley, 15ml of olive oil, and seasoning.

**6. SERVE THE STEAK!** Plate up the crispy butternut alongside the juicy garlic steak slices. Serve the zingy tomato salad on the side. Garnish with the remaining parsley and the toasted sunflower seeds. Brilliant work, Chef!

## Chef's Tip

Air-fryer method: Coat the butternut chunks in oil and season. Air fry at 200°C for 25-30 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	312kJ
Energy	75kcal
Protein	6.2g
Carbs	8g
of which sugars	3.9g
Fibre	1.6g
Fat	1.5g
of which saturated	0.3g
Sodium	26mg

## Allergens

Allium, Sulphites

Eat  
Within  
4 Days