



U C O O K

— COOKING MADE EASY

Spiced Ostrich Fillet

with quinoa salad, roast butternut & hummus dressing

Relish the lean texture and rich aroma of free-range ostrich steak, seared in a BBQ & coriander spice mix. Resting on a bed of tossed quinoa salad with the zing of pickled salsa and the natural sweetness of roast butternut.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

250g	Butternut <i>peeled (optional) & cut into bite-size chunks</i>
75ml	White Quinoa
10ml	White Wine Vinegar
80g	Baby Tomatoes <i>rinsed & quartered</i>
50g	Cucumber <i>diced</i>
50ml	Hummus
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
160g	Ostrich Steak
10ml	Steak Spice mix <i>(5ml Roasted Coriander Seeds & 5ml NOMU BBQ Rub)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. SWEET, SWEET BUTTERNUT Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. BUBBLE IT UP Rinse the quinoa, place in a pot, and submerge in 200ml of water. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is tender and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. PICKLED SALSA & HUMMUS DRESSING Pour the white wine vinegar and 40ml of warm water into a bowl. Whisk in 1 tsp of a sweetener of choice until dissolved. Add in the quartered baby tomatoes and diced cucumber. Toss to coat and set aside to pickle. Combine the hummus with 1 tsp of olive oil and three-quarters of the chopped parsley. Mix in water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

4. SPICED OSTRICH When the butternut reaches the halfway mark, place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 5-7 minutes, shifting as it colours until browned and cooked to your preference. (This time frame will yield a medium-rare result.) During the final 1-2 minutes, evenly sprinkle over the steak spice and add another drizzle of oil. Use the pan juices to baste the steak until cooked. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing.

5. TOSS YOUR COLOURFUL QUINOA Just before serving, toss the roast butternut and pickled salsa through the cooked quinoa. Use or lose the remaining vinegar as you wish!

6. SINK INTO HEALTH HEAVEN Dish up some vibrant quinoa salad and top with the spiced ostrich slices. Drizzle over the herby hummus dressing and garnish with the remaining chopped parsley. Well done, Chef!



Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	452kj
Energy	108Kcal
Protein	7.7g
Carbs	14g
of which sugars	1.8g
Fibre	2.4g
Fat	2.4g
of which saturated	0.5g
Sodium	103mg

Allergens

Allium, Sesame, Sulphites

Cook
within
4 Days