



UCOOK

Roasted Thyme Beetroot & Ostrich

with pecan nuts & Danish-style feta

A great-looking plate is about to be placed on your dinner table, Chef! A colourful medley of oven-roasted beetroot & carrot, infused with fresh thyme and dotted with toasted pecans, accompany a crunchy apple, feta & nut salad. Both of these balance the decadent richness of the butter-basted ostrich slices. Last but not least - the Pesto Princess Chimichurri Sauce drizzle!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

 Carb Conscious

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

600g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
360g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Garlic Cloves <i>peel & grate</i>
8g	Fresh Thyme <i>rinse</i>
30g	Pecan Nuts <i>roughly chop</i>
90ml	Pesto Princess Chimichurri Sauce
480g	Free-range Ostrich Steak
2	Apples <i>rinse, peel, core & roughly dice 1½</i>
60g	Green Leaves <i>rinse & roughly shred</i>
90g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. UN-BEET-ABLE ROAST Preheat the oven to 200°C. Spread the beetroot pieces and the carrot chunks on a roasting tray. Coat in oil, the grated garlic, ½ the thyme sprigs, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Remove the sprigs before serving.

2. PUT THE CAN IN PE-CAN Place the chopped pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. While the nuts are toasting, loosen the chimichurri with water in 5 ml increments until drizzle consistency.

3. SEARED 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CRUNCHY & CREAMY SALAD In a bowl, combine the diced apple, the shredded leaves, ½ the toasted nuts, the crumbled feta, a drizzle of olive oil, and seasoning.

5. FROM THE O TO THE YUM! Plate up the roasted veggies, and scatter over the remaining toasted nuts. Side with the sliced ostrich and the fresh apple salad, and drizzle over the chimichurri. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces, and the carrot chunks in oil, grated garlic, the halved sprigs of thyme and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	6.1g
Carbs	8g
of which sugars	4g
Fibre	2.3g
Fat	3.8g
of which saturated	1.1g
Sodium	119mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days