



UCCOOK

Hasselback Beetroot & Ostrich Steak

with a pear salad

Hands-on Time: 50 minutes

Overall Time: 65 minutes

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

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	307kJ	2058kJ
Energy	73kcal	492kcal
Protein	6.7g	44.9g
Carbs	6g	43g
of which sugars	3g	18g
Fibre	2g	14g
Fat	2.1g	14.4g
of which saturated	0.5g	3.2g
Sodium	107.5mg	720.6mg

Allergens: Allium, Sesame, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 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>
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
190g	250g	Button Mushrooms <i>wipe clean & slice into quarters</i>
2	2	Pears <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)
Water
Paper Towel
Tinfoil
Seasoning (salt & pepper)

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 oil 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. PEAR SALAD In a bowl, combine the green leaves, the cucumber, the mushrooms, the pear, the lemon juice, a drizzle of olive oil, and seasoning.

4. O-YUM 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, 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.

Chef's Tip Alternatively, you can fry the mushrooms. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-7 minutes (shifting occasionally). Remove from the pan and season.