

# UCOOK

## Ostrich Fillet & Butter Bean Purée

**with roasted beetroot & caramelised onion**

A smear of rich butter bean purée starts this dish off on a restaurant-quality note, which is continued with balsamic vinegar caramelised onions, earthy oven roasted beetroot, and butter-basted ostrich fillet. Sided with a toasted sunflower seed & radish salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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 Carb Conscious

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 Strandveld | Grenache

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## Ingredients & Prep

200g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
10g	Sunflower Seeds
1	Onion <i>peel &amp; finely slice ½</i>
20ml	Balsamic Vinegar
120g	Butter Beans <i>drain &amp; rinse</i>
150g	Free-range Ostrich Fillet
20g	Green Leaves <i>rinse &amp; roughly shred</i>
20g	Radish <i>rinse &amp; slice into thin rounds</i>
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>

## From Your Kitchen

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

**1. BEGIN WITH BEETROOT** Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**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 and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. 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 rinsed beans and 40ml of milk (optional) or water. Once boiling, remove from the heat and stir through a knob of butter. 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 and cover.

**5. BUTTERY 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.

**6. FOR THE FRESHNESS** In a salad bowl, toss together the shredded green leaves, the radish rounds, 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 fillet and the radish salad. Scatter over the toasted sunflower seeds and garnish with the chopped parsley.

## Nutritional Information

Per 100g

Energy	319kJ
Energy	76kcal
Protein	7.2g
Carbs	7g
of which sugars	1.8g
Fibre	2.1g
Fat	1.7g
of which saturated	0.3g
Sodium	115mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within  
4 Days