



UCOOK

Ostrich Fillet & Horseradish Sauce

with roasted beetroot & carrots

This recipe will be nothing but a smooth ride - from the browned ostrich basted in butter, the oven roasted medley of beetroot & carrots, the nutty salad, to the horseradish sauce that is drizzled over for a final flavour flair.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Carb Conscious

 Painted Wolf Wines | The Pack Darius Carignan 2020

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Ingredients & Prep

200g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
120g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	Almonds <i>roughly chop</i>
20g	Green Leaves <i>rinse</i>
30ml	White Wine Vinegar
150g	Free-range Ostrich Fillet
40ml	Horseradish Sauce

From Your Kitchen

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

1. VAMPED UP VEG Preheat the oven to 200°C. Spread the beetroot pieces and the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. NUTS ABOUT NUTS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ADD SOME FRESHNESS In a bowl, toss together the rinsed leaves, ½ the toasted nuts, the vinegar, a sweetener, a drizzle of olive oil, and seasoning. Set aside.

4. BROWNE OSTRICH Return the pan to 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.

5. SIMPLE & SIMPLY DELICIOUS Plate up the ostrich slices alongside the roasted veg and serve the dressed salad on the side. Drizzle the horseradish sauce over the meat and the beetroot. Finish with a scattering of the remaining toasted nuts.



Chef's Tip

Air fryer method: Coat the beetroot pieces and the carrot wedges in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	320kJ
Energy	77kcal
Protein	7g
Carbs	5g
of which sugars	2.3g
Fibre	2g
Fat	2.5g
of which saturated	0.6g
Sodium	102mg

Allergens

Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days