



UCOOK

Ostrich & Roasted Beetroot Hummus

with a baby carrot & a fresh green salad


A smear of beautifully dark-red, homemade hummus, slices of juicy ostrich steak glistening with melted butter, a mound of roasted baby carrot & fresh green salad, finished with lashings of sour cream. Voilà! Your plate is now a canvas for the perfect Valentine's dinner, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Adventurous Foodie

 Creation Wines | Creation Elation MCC

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Ingredients & Prep

100g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into small bite-sized pieces</i>
240g	Baby Carrots <i>rinsed & trimmed</i>
10ml	Honey
150g	Free-range Ostrich Fillet
10ml	NOMU Provençal Rub
60g	Chickpeas <i>drained & rinsed</i>
20ml	Sour Cream
1	Lemons <i>rinsed, zested & cut into wedges</i>
5ml	Tahini
20g	Green Leaves <i>rinsed</i>
10g	Pumpkin Seeds

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Place the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

2. HONEY, I'M HOME Spread the baby carrots on a second roasting tray. Coat in oil and season. Roast in the hot oven until browned, 15-20 minutes (shifting halfway). In the final 3-4 minutes, coat the carrots in the honey and roast for the remaining time.

3. BUTTER-BASTED & BROWNED When the beetroot has 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned and cooked to your preference, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. ZESTY CREME In a small bowl, combine the sour cream with a squeeze of lemon juice, the lemon zest (to taste), a drizzle of oil, and seasoning. Set aside.

5. HUMMUS, GET IN MY TUMMUS When the beetroot is done, place in a blender. Add the drained chickpeas, the tahini (to taste), 1 tbsp of oil, and a squeeze of lemon juice (to taste). Blend until smooth. Add a splash of water if it's too thick for your liking. Season.

6. FRESH & ROASTED VEG In a bowl, combine the rinsed green leaves, the roasted carrots, the lemon zest (to taste), and a squeeze of lemon juice (to taste).

7. IT'S ABOUT TIME! Smear a plate with the beetroot hummus. Top with the steak slices. Side with the carrot salad. Drizzle with the zesty creme. Sprinkle with the pumpkin seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	359kJ
Energy	86kcal
Protein	6.3g
Carbs	10g
of which sugars	4.3g
Fibre	2.6g
Fat	2.2g
of which saturated	0.6g
Sodium	89mg

Allergens

Dairy, Sesame

Cook
within
4 Days