



UCCOOK

Lemon & Parsley Ostrich Steak

with roasted beetroot & blue cheese

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	320kj	1771kj
Energy	77kcal	424kcal
Protein	8.3g	46g
Carbs	4g	24g
of which sugars	1.9g	10.7g
Fibre	1.3g	7.2g
Fat	3g	16.9g
of which saturated	1.4g	7.6g
Sodium	125mg	692mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
20g	40g	Salad Leaves <i>rinse</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Lemon Juice
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
160g	320g	Free-range Ostrich Steak
30g	60g	Blue Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. UN-BEETABLE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. MAKE THE SALAD In a bowl, combine the salad leaves, the cucumber, the sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

3. PARSLEY MIX In a small bowl, combine the lemon juice, the garlic, ½ the parsley and seasoning.

4. BUTTERY, ZESTY OSTRICH 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, 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 and parsley mix. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

5. A 5-STAR RESULT Plate up the fresh salad and serve the roasted beetroot alongside. Side with the ostrich slices drizzled with any reserved pan juices. Crumble the blue cheese over the beetroot, and garnish with the remaining parsley. Service, please!