



UCOOK

Roasted Cannellini Bean Salad & Ostrich

with toasted pistachios & balsamic vinegar

Mostly used in desserts and baked goods, we show you a sensational savoury recipe with pistachios. After toasting in a pan, these add a nutty crunch to an oven-roasted beetroot & cannellini bean salad, with punchy radish, cheese shavings & fresh greens. Paired with butter-basted ostrich steak.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Hellen Mwanza

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-Cabernet Sauvignon 2021

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Ingredients & Prep

960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
480g	Cannellini Beans <i>drain & rinse</i>
20g	Pistachio Nuts <i>roughly chopped</i>
640g	Free-range Ostrich Steak
2	Garlic Cloves <i>peel & grate</i>
80g	Green Leaves <i>rinse</i>
80g	Radish <i>rinse & slice into thin rounds</i>
40g	Italian-style Hard Cheese <i>peel into shavings</i>
40ml	Balsamic Reduction

From Your Kitchen

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

1. CARROT WEDGES Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BEANS Coat the rinsed beans in oil and season. When the carrots have been roasting for 10-15 minutes, scatter over the beans and roast for the remaining time until crisping up.

3. TOAST Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. STEAK 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 and the grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. FRESH SALAD In a bowl, combine the rinsed green leaves, the sliced radish, the toasted pistachios, the cheese shavings, the roast, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Plate up the loaded warm salad, top with the steak slices, and drizzle over the balsamic reduction. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges and rinsed beans in oil, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	374kJ
Energy	89kcal
Protein	7.8g
Carbs	11g
of which sugars	4.8g
Fibre	2.3g
Fat	1.8g
of which saturated	0.5g
Sodium	90mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days