

# UCOOK

## Tex-Mex Ostrich Fillet

**with cannellini bean chilli, roast butternut & pesto**

Tuck into this lean ostrich fillet, dripping with hemp seed and coriander pesto. With sides of tomatoey bean chilli, swirled with Cajun spice and corn, oven-caramelised butternut, and a salad of green leaves, piquanté peppers, and almond flakes.

---

**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Alex Levett

---

♥ Health Nut

---

🍷 Warwick Wine Estate | First Lady Cabernet Sauvignon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

250g	Butternut <i>deseeded &amp; cut into half-moons</i>
15g	Flaked Almonds
10ml	NOMU Cajun Rub
100g	Cooked Chopped Tomato
60g	Cannellini Beans <i>drained &amp; rinsed</i>
50g	Corn
150g	Free-range Ostrich Fillet
20g	Green Leaves <i>rinsed</i>
20g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
15ml	The Real Food Factory Hemp Seed & Coriander Pesto

## From Your Kitchen

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

**1. ROAST THE BUTTERNUT** Preheat the oven to 200°C. Spread out the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, flipping at the halfway mark.

**2. CRUNCHY ALMONDS** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. TEX-MEX BEAN CHILLI** Place a pot over a medium heat with a drizzle of oil. When hot, fry the Cajun Rub (to taste) for about a minute until fragrant, shifting constantly. Stir through the cooked chopped tomatoes, 30ml of water, and the drained cannellini beans. Bring to a simmer and cook for 5-6 minutes until thick and sticky, stirring occasionally. Remove from the heat on completion and mix in the corn. Season to taste with salt, pepper, and a sweetener of choice. Pop on a lid and set aside to keep warm until serving.

**4. SEAR THE FILLET** Return the pan to a medium heat with a drizzle of oil. Pat the steak dry with paper towel and season. When the pan is hot, fry the steak for 8-10 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing.

**5. RAINBOW SALAD & PESTO DRIZZLE** Place the rinsed green leaves and drained piquanté peppers in a bowl. Season, toss until combined and set aside for serving. Loosen the pesto with 1 tsp of oil to form a drizzling consistency.

**6. GRUB'S UP!** Lay out the tasty ostrich slices and drizzle over the pesto. Alongside, plate the amber butternut and spoonfuls of Cajun bean chilli. Garnish the salad with the toasted almond flakes and serve on the side. Dig in!



## Chef's Tip

The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!

## Nutritional Information

Per 100g

Energy	408kJ
Energy	98Kcal
Protein	7g
Carbs	10g
of which sugars	2.9g
Fibre	2.3g
Fat	3g
of which saturated	0.4g
Sodium	216mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days