



UCCOOK

Roasted Thyme Beetroot & Ostrich

with pecan nuts & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	365kj	2825kj
Energy	87kcal	676kcal
Protein	5.8g	44.9g
Carbs	7g	57g
of which sugars	4g	30.7g
Fibre	2g	15.9g
Fat	3.7g	28.3g
of which saturated	1g	7.9g
Sodium	119mg	926mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
30ml	60ml	Pesto Princess Chimichurri Sauce
150g	300g	Free-range Ostrich Fillet
40g	80g	Kale <i>rinse & roughly shred</i>
1	1	Apple <i>rinse, peel, core & roughly dice ½ [1]</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. UN-BEET-ABLE ROAST Preheat the oven to 200°C. Spread the beetroot, and the carrot pieces on a roasting tray. Coat in oil, garlic, ½ the thyme sprigs, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Remove the sprigs before serving. Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. PUT THE CAN IN PE-CAN Place the chopped pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. While the nuts are toasting, loosen the chimichurri with water in 5ml increments until drizzling consistency.

3. SEARED OSTRICH 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. KALE TIME Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

5. CRUNCHY & CREAMY SALAD To the bowl of kale, toss through the apple, ½ the nuts, the feta, a drizzle of olive oil, and seasoning.

6. FROM THE O TO THE YUM! Plate up the roasted veggies, and scatter over the remaining nuts. Side with the sliced ostrich and the fresh apple salad, and drizzle over the chimichurri. Enjoy, Chef!