



UCOOK

Scrumptious Ostrich & Beetroot-apple Slaw

with raspberry vinegar, toasted almonds & Danish-style feta

Basted in butter, this seared ostrich steak will make your mouth water. With a pouring of pan juices, the dish is complemented with a raspberry vinegar-infused beetroot and apple slaw for balance. Healthy and hearty!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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Ingredients & Prep

20g	Almonds
200g	Beetroot <i>rinsed, trimmed, peeled & grated</i>
1	Apple <i>½ rinsed & cut into thin matchsticks</i>
15ml	Raspberry Vinegar
5ml	Ground Cumin
240g	Carrot <i>trimmed, peeled (optional) & cut into wedges</i>
160g	Free-range Ostrich Steak
20g	Danish-style Feta <i>drained & crumbled</i>
20g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. AMAZING ALMONDS Place the almonds in a pot (large enough for the carrots) over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pot and roughly chop. Place in a bowl and set aside.

2. CAN'T BEET THIS Pat the grated beetroot dry with paper towel. Place in a bowl along with the apple matchsticks, the vinegar, a drizzle of oil, and seasoning. Set aside for serving.

3. MAKE THE CUMIN CARROTS Return the pot to a medium-high heat with a drizzle of oil, a knob of butter, and the cumin. When hot, add the carrot wedges. Fry for 2-3 minutes until slightly softened and starting to brown, shifting occasionally. Pour in a splash of warm water, cover with the lid, and leave to simmer for 4-5 minutes or until the carrot wedges are soft.

4. OSTENTATIOUS OSTRICH Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame will yield a medium-rare result.) In the final 1-2 minutes, baste with a knob of butter. Remove from the pan (reserving the pan juices) and set aside. Rest for 5 minutes before thinly slicing and seasoning.

5. ONE LAST STEP... When the carrots are cooked, add to the bowl with the toasted almonds. Add the crumbled feta, the rinsed green leaves, and seasoning. Mix until combined.

6. DRESS THE MEAL FOR DINNER Plate up the ostrich steak slices and drizzle over the reserved pan juices and the pomegranate molasses. Side with the carrot salad and the beetroot-apple slaw. Sprinkle over the chopped chives. Well done, Chef!

Nutritional Information

Per 100g

Energy	331kJ
Energy	79kcal
Protein	6g
Carbs	7g
of which sugars	3.7g
Fibre	2.2g
Fat	2.7g
of which saturated	0.7g
Sodium	69mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days