



# UCOOK

## Red Pepper Hummus & Ostrich Steak

**with roasted carrots & a cucumber salsa**

A delicious weeknight dinner the whole family will love! Sweet, oven-roasted carrot wedges rest on a red pepper hummus sauce, accompanied by scrumptious ostrich slices. Sided with a cucumber & sun-dried tomato salsa garnished with toasted sunflower seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Fan Faves

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Painted Wolf Wines | The Pack Darius  
Carignan 2020

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
10g	Sunflower Seeds
50g	Cucumber <i>rinse &amp; finely dice</i>
1	Onion <i>peel &amp; finely dice ¼</i>
20g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
15ml	Lemon Juice
160g	Free-range Ostrich Steak
5ml	NOMU Beef Rub
40ml	Red Pepper Hummus

## From Your Kitchen

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

**1. ROASTED CARROTS** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. QUICK SALSA** In a bowl, combine the diced cucumber, the diced onion (to taste), the chopped sun-dried tomatoes, ½ the toasted sunflower seeds, and the lemon juice (to taste). Season and set aside.

**4. SIZZLING STEAK** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. TIME TO EAT** Make a smear with the hummus and top with the roasted carrots. Serve alongside the ostrich slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	317kJ
Energy	76kcal
Protein	6.3g
Carbs	7g
of which sugars	3.8g
Fibre	1.9g
Fat	2.3g
of which saturated	0.5g
Sodium	83mg

## Allergens

Allium, Sesame, Sulphites, Cow's Milk

Eat  
Within  
4 Days