

UCOOK

Ostrich Fillet & Butter Bean Purée

with roasted beetroot & caramelised onion

A smear of rich butter bean purée starts this dish off on a restaurant-quality note, which is continued with balsamic vinegar caramelised onions, earthy oven roasted beetroot, and butter-basted ostrich fillet. Sided with a toasted sunflower seed & radish salad.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

 Carb Conscious

 Strandveld | Grenache

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Ingredients & Prep

600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	Sunflower Seeds
2	Onions <i>peel & finely slice 1½</i>
60ml	Balsamic Vinegar
360g	Butter Beans <i>drain & rinse</i>
450g	Free-range Ostrich Fillet
60g	Green Leaves <i>rinse & roughly shred</i>
60g	Radish <i>rinse & slice into thin rounds</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

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

1. BEGIN WITH BEETROOT Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 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. BALSAMIC ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. In the final 1-2 minutes, stir through the balsamic vinegar. Remove from the pan, season, and cover.

4. BLEND THE BEANS Place a pot over medium-high heat with the rinsed beans and 120ml of milk (optional) or water. Once boiling, remove from the heat and stir through a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover.

5. BUTTERY 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.

6. FOR THE FRESHNESS In a salad bowl, toss together the shredded green leaves, the radish rounds, a drizzle of olive oil, and seasoning.

7. BEAN THERE, DONE THAT Smear the butter bean purée on the plate and top with the balsamic onions and the roasted beetroot. Side with the ostrich fillet and the radish salad. Scatter over the toasted sunflower seeds and garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	319kJ
Energy	76kcal
Protein	7.2g
Carbs	7g
of which sugars	1.8g
Fibre	2.1g
Fat	1.7g
of which saturated	0.3g
Sodium	115mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days