



UCCOOK

Charred Beetroot & Ostrich Salad

with red pepper pesto

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kelly Fletcher

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	446kJ	2726kJ
Energy	107kcal	652kcal
Protein	7.7g	47.2g
Carbs	5g	33g
of which sugars	2.4g	14.7g
Fibre	2.1g	12.7g
Fat	5.2g	31.6g
of which saturated	1.7g	10.5g
Sodium	167mg	1024mg

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, peel (optional) & cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
17,5ml	35ml	Honey-mustard Dressing <i>(10ml [20ml] White Wine Vinegar, 5ml [10ml] Honey & 2,5ml [5ml] Wholegrain Mustard)</i>
20g	40g	Green Leaves <i>rinse</i>
150g	300g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>
30ml	60ml	Pesto Princess Red Pepper Pesto
150g	300g	Free-range Ostrich Strips <i>pat dry & cut into bite-sized pieces</i>

From Your Kitchen

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

1. CRISPY BEET Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. ADD SOME CRUNCH Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ALL TOGETHER In a salad bowl, combine the honey-mustard dressing with a drizzle of olive oil and seasoning. Toss through the green leaves, the baby marrow, the feta, and ½ the nuts. Set aside.

4. RED PESTO SAUCE Loosen the red pesto with a drizzle of olive oil and a splash of warm water until drizzling consistency.

5. OH-SO TASTY OSTRICH Return the pan to high heat with a drizzle of oil. Sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

6. SENSATIONAL SALAD Plate up the dressed baby marrow salad and top with the juicy ostrich, the beetroot, and the crumbled feta. Drizzle over the loosened red pesto. Garnish with the remaining almonds.