



# UCCOOK

## Hoisin Ostrich & Roast Beetroot

with seasonal greens & beetroot

Get your Chef's hat on and prepare your palate for something new, because today we're making Cantonese-inspired cuisine with a South African twist. Hoisin-coated ostrich chunks accompany roasted beetroot pieces and a baby marrow & onion medley. Finished off with toasted sunflower seeds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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## Ingredients & Prep

800g	Beetroot Chunks <i>cut into bite-sized pieces</i>
120ml	Asian Sauce <i>(20ml Sesame Oil &amp; 100ml Hoisin Sauce)</i>
2	Fresh Chillies <i>rinsed, trimmed, deseeded &amp; finely chopped</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
25g	Fresh Ginger <i>peeled &amp; grated</i>
40g	Sunflower Seeds
2	Onions <i>peeled &amp; cut into wedges</i>
800g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized pieces</i>
600g	Free Range Ostrich Chunks
80g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. GET READY TO ROAST** 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, 35-40 minutes (shifting halfway).

**2. FLAVOUR!** In a bowl, combine the Asian sauce, the chopped chilli (to taste), the grated garlic, the grated ginger, and 40ml of water. Set aside.

**3. THE SUNNY SIDE OF THE SEED** 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.

**4. GORGEOUS GREENS** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion wedges, 4-5 minutes (shifting occasionally). Add the baby marrow chunks and fry until slightly softened, 4-5 minutes (shifting occasionally). Remove from the heat, season, and set aside.

**5. SIZZLIN' STEAKS** 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, 3-4 minutes (shifting occasionally). You may need to do this step in batches. In the final 1-2 minutes, pour in and baste with ½ the Asian sauce mixture. Remove from the pan, reserving the pan juices. Season and set aside.

**6. MARINATED MARROWS** Add the remaining Asian sauce to the baby marrow and the onions. Return the pan to medium heat and fry for 1-2 minutes or until heated through.

**7. TIME TO EAT!** Serve up the juicy beef pieces and drizzle with any pan juices. Make a bed of the rinsed green leaves and top with the flavoursome baby marrow & onion. Side with the roast beetroot. Sprinkle over the toasted sunflower seeds. Dig in!

## Nutritional Information

Per 100g

Energy	308kJ
Energy	73kcal
Protein	6g
Carbs	6g
of which sugars	3.8g
Fibre	1.5g
Fat	2.3g
of which saturated	0.5g
Sodium	152mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook  
within  
4 Days