

UCCOOK

Hasselback Beetroot & Ostrich Steak

with an apple salad

Hands-on Time: 50 minutes

Overall Time: 65 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	306kJ	1980kJ
Energy	73kcal	474kcal
Protein	6.6g	42.6g
Carbs	6g	39g
of which sugars	3g	17g
Fibre	2g	13g
Fat	2.2g	14.1g
of which saturated	0.5g	3.1g
Sodium	110.7mg	717.1mg

Allergens: Sulphites, Sesame, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Apples <i>rinse, core & thinly slice 1½ [2]</i>
190g	250g	Button Mushrooms <i>wipe clean & slice into quarters</i>
150ml	200ml	Hummus
22.5g	30g	Almonds <i>roughly chop</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
450g	600g	Free-range Ostrich Fillet
60g	80g	Green Leaves <i>rinse</i>
15ml	20ml	NOMU One For All Rub
30ml	40ml	Lemon Juice
600g	800g	Beetroot <i>rinse, trim & peel (optional)</i>

From Your Kitchen

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

1. I'LL BE HASSELBACK Preheat the oven to 220°C. Place the beetroot between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Wrap each hasselback beetroot in tin foil, and place them, cut-side up, on a roasting tray. Coat in cooking spray and season. Roast until cooked through, 50-60 minutes.

2. ALL THE ALMONDS 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. APPLE SALAD In a bowl, combine the green leaves, the cucumber, the mushrooms, the apple, the lemon juice, and seasoning.

4. O-YUM OSTRICH Place a pan over medium-high heat. Pat the ostrich dry with paper towel, and coat in cooking spray. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. DINNER = DONE Smear half of the plate with the hummus, top with the roasted hasselback beetroot. Side with the fresh salad, the ostrich, and scatter over the nuts. Enjoy.