



UCCOOK

Grilled Ostrich & Roasted Veg

with a fresh green salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

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

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	313kJ	1890kJ
Energy	75kcal	452kcal
Protein	7.1g	43g
Carbs	7g	39g
of which sugars	2g	14g
Fibre	2g	11g
Fat	2.1g	12.8g
of which saturated	1g	6.1g
Sodium	129.2mg	779.4mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
450g	600g	Free-range Ostrich Fillet
60g	80g	Danish-style Feta <i>drain</i>
90ml	125ml	Low Fat Plain Yoghurt
120g	160g	Corn
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
120g	160g	Green Leaves <i>rinse</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
90g	120g	Pickled Onions <i>drain & finely slice</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the beetroot, and the carrot on a roasting tray. Lightly coat with cooking spray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

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

3. FETA DIP To a bowl, add the feta, and the yoghurt. Mash with a fork or potato masher until mixed but still chunky. Add water in 10ml increments if the mixture is not coming together.

4. CORN & CUCUMBER SALAD To a separate bowl, add the corn, the cucumber, the green leaves, the coriander, the onion, and seasoning. Add the lemon juice (to taste).

5. WHAT A FEAST Plate up the loaded salad, and top with the meat. Side with the veggies, and dollop over the feta dip. Enjoy, Chef!