



UCCOOK

Almond-chilli Pesto & Ostrich

with a crispy kale salad

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	371.8kJ	2196.6kJ
Energy	89kcal	525.5kcal
Protein	7.4g	43.9g
Carbs	9.2g	54.1g
of which sugars	4.1g	24g
Fibre	2.5g	14.5g
Fat	3.2g	18.8g
of which saturated	0.5g	2.8g
Sodium	34.3mg	202.4mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
40g	80g	Kale <i>rinse & roughly shred</i>
1	1	Garlic Clove
15g	30g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	2	Corn on the Cob/s
150g	300g	Free-range Ostrich Fillet
2,5ml	5ml	Dried Oregano
20g	40g	Almonds
5g	10g	Fresh Mint <i>rinse, pick & finely chop ½</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender (optional)

1. READY, STEADY, COOK! Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. VEGGIE MEDLEY Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the carrots have 10 minutes remaining, give the tray a shift and scatter over the dressed kale, and the unpeeled garlic clove. Roast for the remaining time. Remove from the oven and toss through the sun-dried tomatoes, and season.

3. SWEET CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove from the pan and set aside.

4. OREGANO-INFUSED OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. 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, and the oregano. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. HOMEMADE PESTO In a small bowl, combine the almonds, the chopped mint, the garlic flesh (to taste), the chilli (to taste), the lemon juice (to taste), and a drizzle of olive oil. Alternatively, add to a blender and blend until slightly smooth and season.

6. WHAT A GREAT PLATE Plate up the charred corn, and spoon over the almond-chilli pesto. Side with the sliced meat and the kale salad. Scatter over the remaining picked mint. Enjoy!