



# UCOOK

## Pizzaiola Sauce & Ostrich Steak

**with carrot wedges, toasted pumpkin seeds & red wine**

A browned ostrich steak is covered with pizzaiola, a delicious tomato sauce. A side of zesty green salad, roasted carrot wedges & a sprinkle of toasted pumpkin seeds complete the dish. Simple, rich Italian flavours await!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Jason Johnson

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage

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## Ingredients & Prep

480g	Carrot <i>rinse, trim &amp; cut into wedges</i>
2	Garlic Cloves
40g	Green Leaves
10g	Pumpkin Seeds
50ml	Red Wine
100ml	Tomato Passata
320g	Ostrich Steak
20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter (optional)

**1. GOLDEN CARROTS** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. PREP STEP** While the carrots are roasting, peel and grate the garlic. Rinse the green leaves. Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. IT'S WINE O'CLOCK** When the carrots have 15 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost all evaporated, 1-3 minutes. Pour in the tomato passata and 200ml of water. Simmer until reduced and thickened, 3-4 minutes. Season, add a sweetener (to taste), and cover.

**4. SIZZLING STEAK** 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, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter (optional). Set aside to rest for 5 minutes before slicing and seasoning.

**5. FOR THE FRESHNESS** In a bowl, combine the rinsed green leaves, the lemon juice, a drizzle of olive oil, and seasoning.

**6. DINNER'S READY** Plate up the carrot wedges. Side with the steak doused in the pizzaiola sauce. Serve with the salad on the side. Sprinkle over the toasted pumpkin seeds. Time to dine, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

## Nutritional Information

Per 100g

Energy	309kJ
Energy	74kcal
Protein	7.6g
Carbs	7g
of which sugars	3.2g
Fibre	2.1g
Fat	1.4g
of which saturated	0.5g
Sodium	27mg

## Allergens

Allium, Sulphites, Alcohol

Eat  
Within  
4 Days