



UCOOK

Miso Butter Ostrich

with spinach, roasted butternut & beetroot

Sumptuous ostrich fillet smothered in a rich, umami-packed miso butter sauce. Served alongside toasted sesame spinach and roasted butternut & beetroot chunks. It's a one-way ticket to flavour town!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Strandveld | Syrah

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Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized pieces</i>
100g	Beetroot Chunks <i>cut into bite-sized pieces</i>
5ml	White Sesame Seeds
10ml	Miso Paste
5ml	Mirin
1	Onion <i>½ peeled & roughly diced</i>
100g	Spinach <i>rinsed & roughly shredded</i>
5ml	Sesame Oil
150g	Free-range Ostrich Fillet

From Your Kitchen

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

1. READY, SET, ROAST Preheat the oven to 200°C. Spread the butternut and beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the miso paste and the mirin.

3. SESAME SWISS CHARD Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the shredded spinach and fry until wilted, 2-3 minutes (shifting occasionally). Remove from the pan and add the sesame oil, ½ the toasted sesame seeds, and seasoning. Cover and set aside.

4. MISO BUTTER Boil the kettle. Place a pan over medium heat. When hot, melt 10g of butter. Remove from the heat. In a bowl, add the miso paste mixture and 15ml of boiling water. Mix until loosened and slowly whisk in the melted butter until combined. Set aside.

5. SIZZLING OSTRICH Return the pan to 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). Remove from the pan and rest for 5 minutes before slicing.

6. DIG IN! Plate up the ostrich slices and drizzle over the miso butter sauce. Side with the sesame spinach and the roasted butternut and beetroot chunks. Sprinkle over the remaining sesame seeds. Delicious, Chef!

Nutritional Information

Per 100g

Energy	306kJ
Energy	73kcal
Protein	6g
Carbs	7g
of which sugars	2.4g
Fibre	1.8g
Fat	1.7g
of which saturated	0.4g
Sodium	213mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Alcohol, Soy

Cook
within 5
Days