



UCCOOK

Red Pepper Hummus & Ostrich Steak

with roasted carrots & a cucumber salsa

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Nitida | The Matriarch Cap Classique

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 332kj | 2568kj |
| Energy | 79kcal | 614kcal |
| Protein | 5.9g | 46g |
| Carbs | 8g | 59g |
| of which sugars | 4g | 31.6g |
| Fibre | 2g | 15.1g |
| Fat | 2.9g | 22.1g |
| of which saturated | 0.5g | 4.2g |
| Sodium | 88mg | 679.7mg |

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

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 720g | 960g | Carrot <i>rinse, trim, peel & cut into wedges</i> |
| 45g | 60g | Sunflower Seeds |
| 300g | 400g | Cucumber <i>rinse & finely dice</i> |
| 1 | 1 | Onion <i>peel & finely dice ¾ [1]</i> |
| 120g | 160g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 45ml | 60ml | Lemon Juice |
| 480g | 640g | Free-range Ostrich Steak |
| 15ml | 20ml | NOMU Oriental Rub |
| 150ml | 200ml | Red Pepper Hummus |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. ROASTED CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. QUICK SALSA In a bowl, combine the cucumber, the onion (to taste), the sun-dried tomatoes, ½ the sunflower seeds, and the lemon juice (to taste). Season and set aside.

4. SIZZLING STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. Sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. TIME TO EAT Make a smear with the hummus and top with the carrots. Serve alongside the ostrich slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!