



UCCOOK

Beetroot, Fig & Ostrich Salad

with crispy kale

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 348.7kJ | 2116.5kJ |
| Energy | 83.4kcal | 506.3kcal |
| Protein | 6.2g | 37.4g |
| Carbs | 5.3g | 32g |
| of which sugars | 2.4g | 14.4g |
| Fibre | 1.8g | 11.2g |
| Fat | 3.9g | 23.7g |
| of which saturated | 0.8g | 4.8g |
| Sodium | 95.6mg | 580.2mg |

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 150g | 300g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 80g | 160g | Baby Tomatoes <i>rinse & cut into quarters</i> |
| 1 | 1 | Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i> |
| 50g | 100g | Kale <i>rinse & roughly shred</i> |
| 150g | 300g | Free-range Ostrich Strips |
| 5ml | 10ml | NOMU One For All Rub |
| 15g | 30g | Dried Figs <i>roughly chop</i> |
| 40ml | 80ml | Blue Cheese Dressing |

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Paper Towel
Cooking Spray

- 1. UNBEETABLE BEET** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly spray with cooking spray and season. Roast in the hot oven until cooked through and lightly golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. VEGGIE MEDLEY** When the beetroot reaches halfway, scatter over the tomato and pepper. Return to the oven for the remaining time. Place the kale on a separate roasting tray and lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the beetroot has 8-10 minutes to go, pop the kale into the oven and roast for the remaining time until crispy.
- 3. O-YUM OSTRICH** Place the pan over medium-high heat. Pat the ostrich dry with paper towel, lightly coat with cooking spray and the NOMU rub. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.
- 4. FABULOUS DISH** Serve up the roasted veg and top with the spiced meat. Side with the crispy kale and scatter over the figs. Finish with a drizzle of the blue cheese dressing.