

Eat Within 4 Days

QCOOK

Beets, Ostrich & Whipped Feta

with red pesto-dressed slaw

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	337kJ	2026kJ
Energy	81kcal	485kcal
Protein	7.9g	47.3g
Carbs	4g	27g
of which sugars	2g	11g
Fibre	2g	10g
Fat	3.3g	19.8g
of which saturated	1.1g	6.8g
Sodium	144mg	866mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot *rinse, peel (optional) & cut into half-moons*
15g	20g	Hazelnuts *roughly chop*
90ml	120ml	Greek Yoghurt
60g	80g	Danish-style Feta *drain*
30ml	40ml	Lemon Juice
300g	400g	Cabbage *rinse & thinly slice*
150g	200g	Cucumber *rinse & cut into thin matchsticks*
60ml	80ml	Pesto Princess Red Pepper Pesto
480g	640g	Free-range Ostrich Steak
7.5ml	10ml	NOMU Cajun Rub

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Blender
Paper Towel
Cooking Spray

1. BEGIN WITH BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly add cooking spray and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. HEAVENLY HAZELNUTS Place the hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ZESTY FETA WHIP In a small bowl, combine the yoghurt and the feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through ½ the lemon juice (to taste). Set aside.

4. SUPERB SLAW In a bowl, combine the cabbage, the cucumber, the red pesto, the remaining lemon juice, ½ the nuts, and seasoning. Set aside.

5. O-YUM OSTRICH Return the pan over medium-high heat and lightly add cooking spray. 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, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. YOU MADE THAT! Plate up the ostrich, the beetroot, and the pesto-dressed slaw. Dollop over the whipped feta. Garnish with the remaining nuts. Enjoy!