



UCCOOK

Jingle Beetroot & Ostrich Salad

with red pepper pesto

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kelly Fletcher

Wine Pairing: Waterkloof | Circumstance Mourvèdre

Nutritional Info

	Per 100g	Per Portion
Energy	434kJ	2726kJ
Energy	104kcal	652kcal
Protein	7.5g	47.2g
Carbs	5g	33g
of which sugars	2.3g	14.4g
Fibre	1.8g	11.5g
Fat	5.4g	34g
of which saturated	1.6g	9.8g
Sodium	157mg	985mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
40g	80g	Kale <i>rinse</i>
20ml	40ml	Honey-mustard Dressing <i>(10ml [20ml] White Wine Vinegar, 5ml [10ml] Honey & 5ml [10ml] Wholegrain Mustard)</i>
150g	300g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>
25ml	50ml	Pesto Princess Red Pepper Pesto
150g	300g	Free-range Ostrich Strips <i>pat dry & cut into bite-sized pieces</i>

From Your Kitchen

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

1. CRISPY BEET Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. TOAST-LY NUTS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ROASTED KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the beetroot has 5-8 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. SALAD TOSS In a salad bowl, combine the honey-mustard dressing with a drizzle of olive oil and seasoning. Toss through the baby marrow, the feta, and ½ the nuts. Set aside.

5. RED PESTO SAUCE Loosen the red pesto with a drizzle of olive oil and a splash of warm water until drizzling consistency.

6. OH-SO TASTY OSTRICH Return the pan to high heat with a drizzle of oil. Sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan. Season and set aside.

7. SENSATIONAL SALAD Plate up the dressed baby marrow salad and top with the juicy ostrich, the beetroot and kale. Drizzle over the red pesto sauce. Garnish with the remaining almonds.