



# UCOOK

## Chimichurri & Ostrich Fillet

**with roasted butternut & lentils**

Oven-roasted butternut & lentils are paired with a moreish baby tomato relish elevated with fresh rosemary & balsamic vinegar. This stunning veggie base is then topped with butter-basted ostrich fillet slices and crumbled with Danish-style feta. Finished up with dollops of chimichurri sauce.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Carb Conscious

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Strandveld | Grenache

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## Ingredients & Prep

1kg	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
320g	Baby Tomatoes <i>rinse</i>
2	Garlic Cloves <i>peel &amp; grate</i>
10g	Fresh Rosemary <i>rinse</i>
200g	Kale <i>rinse &amp; roughly shred</i>
40ml	Balsamic Vinegar
240g	Tinned Lentils <i>drain &amp; rinse</i>
600g	Free-range Ostrich Fillet
80g	Danish-style Feta <i>drain</i>
80ml	Pesto Princess Chimichurri Sauce

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter

**1. ROAST BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. CHERRY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the rinsed garlic, and the rinsed rosemary sprigs until the tomatoes are blistered, 6-7 minutes. Press the tomatoes down with the back of a wooden spoon until saucy. Add the balsamic vinegar and simmer, 1-2 minutes. Remove from the heat and discard the rosemary sprigs. Add a sweetener (to taste) and seasoning.

**3. KALE PREP** Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated.

**4. CRISPY LENTILS** When the butternut has been roasting for 10-15 minutes, coat the rinsed lentils in oil and seasoning. Scatter the lentils and the kale over the butternut and roast for the remaining time until crispy.

**5. SIZZLING STEAK** Place a clean pan over 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). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**6. TIME TO DINE** Plate up the roasted veggies alongside the baby tomato sauce and top the sauce with the steak slices. Crumble over the drained feta and dollop the chimichurri sauce over everything. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons and the drained lentils in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	405kJ
Energy	97kcal
Protein	8.2g
Carbs	9g
of which sugars	2g
Fibre	2.9g
Fat	2.6g
of which saturated	0.8g
Sodium	80mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days