

Eat Within 4 Days

UCOOK

Seared Ostrich & Bell Pepper Caponata

with roasted carrots & beetroot, capers & olives

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	223kJ	1996kJ
Energy	53kcal	477kcal
Protein	4.7g	41.9g
Carbs	6g	55g
of which sugars	3g	25g
Fibre	2g	17g
Fat	0.9g	7.8g
of which saturated	0.2g	2g
Sodium	148mg	1325mg

Allergens: Sulphites, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot *rinse, trim, peel (optional) & cut into bite-sized pieces*
120g	120g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
1	1	Onion *peel & finely slice ½ [1]*
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into strips*
1	1	Garlic Clove *peel & grate*
5ml	10ml	Dried Oregano
100g	200g	Cooked Chopped Tomato
7.5ml	15ml	Balsamic Vinegar
50g	100g	Spinach *rinse*
10g	20g	Capers
20g	40g	Pitted Kalamata Olives *drain & cut into half*
150g	300g	Free-range Ostrich Fillet

From Your Kitchen

Seasoning (salt & pepper)
Paper Towel
Water
Cooking Spray (or oil of your choice)

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the beetroot and carrots on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. 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. CLASSIC CAPONATA Place a pan (with a lid) over medium heat. When hot, add the onion and peppers and lightly coat with cooking spray or oil (optional). Fry until golden, 4-5 minutes (shifting occasionally). Then add the garlic, oregano, tomatoes, and balsamic vinegar. Add a splash of water and the spinach, cover with a lid, lower the heat, and allow to simmer until the sauce has thickened for 2-3 minutes (stirring occasionally). Remove the lid, add in the capers (to taste) and olives, season, and set aside.

3. O-YUM OSTRICH Place a pan over medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. A BOWL OF COMFORT Bowl up the pepper caponata, top with the roasted veggies and the sliced steak alongside. Dinner is ready, well done, Chef!