

QCOOK

Pizzaiola Sauce & Ostrich Steak

with carrot wedges, toasted pumpkin seeds & red wine

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jason Johnson

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Shiraz Mourvedre Viognier Organic

Nutritional Info	Per 100g	Per Portion
Energy	288kJ	1537kJ
Energy	69kcal	368kcal
Protein	7.4g	39.5g
Carbs	6g	32g
of which sugars	3.1g	16.5g
Fibre	1.8g	9.6g
Fat	1.2g	6.6g
of which saturated	0.3g	1.8g
Sodium	29mg	157mg

Allergens: Allium, Sulphites, Alcohol

Spice Level: None

Eat Within 5 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim & cut into wedges</i>
5g	10g	Pumpkin Seeds
40g	80g	Kale <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice
1		Garlic Clove <i>peel & grate</i>
25ml	50ml	Red Wine
50ml	100ml	Tomato Passata
160g	320g	Free-range Ostrich Steak

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the kale in a bowl with a drizzle of olive oil. Using your hands, massage until softened and coated. Drizzle over the lemon juice (to taste), season and set aside.

3. IT'S WINE O'CLOCK When the carrots have 15 minutes remaining, return the pan to medium-high heat with a drizzle of oil. When hot, fry the garlic until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost all evaporated, 1-3 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until reduced and thickened, 3-4 minutes. Season, add a sweetener (to taste), and cover.

4. SIZZLING STEAK Place a 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 (optional). Set aside to rest for 5 minutes before slicing and seasoning.

5. DINNER'S READY Plate up the carrot wedges. Side with the steak doused in the pizzaiola sauce. Serve with the kale salad on the side. Sprinkle over the toasted pumpkin seeds. Time to dine, Chef!