

QCOOK

Red Pepper Hummus & Ostrich Steak

with roasted carrots & a cucumber salsa

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Grenache Rose 2024

Nutritional Info

	Per 100g	Per Portion
Energy	305kj	2356kj
Energy	73kcal	564kcal
Protein	5.9g	46g
Carbs	8g	59g
of which sugars	4.1g	31.5g
Fibre	1.9g	14.9g
Fat	2.8g	22g
of which saturated	0.5g	4.1g
Sodium	82mg	632mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15g	30g	Sunflower Seeds
100g	200g	Cucumber <i>rinse & finely dice</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
40g	80g	Sun-dried Tomatoes <i>roughly chop</i>
15ml	30ml	Lemon Juice
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU One For All Rub
50ml	100ml	Red Pepper Hummus

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

- 1. ROASTED CARROTS** Preheat the oven to 200°C. Spread the carrot 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. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. QUICK SALSA** In a bowl, combine the cucumber, onion (to taste), sun-dried tomatoes, ½ the sunflower seeds, and lemon juice (to taste). Season and set aside.
- 4. SIZZLING OSTRICH** Return the 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.
- 5. TIME TO EAT** Make a smear with the hummus and top with the roasted carrots. Serve alongside the ostrich slices and the cucumber salsa. Garnish with the remaining sunflower seeds. Well done, Chef!