



# UCOOK

## Scrumptious Ostrich & Beet-apple Slaw

**with raspberry vinegar, toasted almonds & Danish-style feta**

Basted in butter, this seared ostrich fillet will make your mouth water. The dish is completed with a pouring of pan juices and complemented with a raspberry vinegar-infused beetroot & apple slaw for balance. Healthy and hearty!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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Carb Conscious

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Paardenkloof Wines | Paardenkloof Ecology Shiraz

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## Ingredients & Prep

20g	Almonds <i>roughly chop</i>
200g	Beetroot <i>rinse, trim, peel, grate ½ &amp; cut ½ into bite-sized pieces</i>
1	Apple <i>rinse, peel, core &amp; cut ½ into thin matchsticks</i>
20ml	Raspberry Vinegar
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
5ml	Ground Cumin
240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
150g	Free-range Ostrich Fillet
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

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

**1. AMAZING ALMONDS** Place the chopped almonds in a pot (large enough for the carrots) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

**2. CAN'T BEET THIS** Pat the grated beetroot dry with paper towel. Place in a bowl along with the apple matchsticks, the vinegar, a sweetener (to taste), the sliced chilli (to taste), a drizzle of olive oil, and seasoning. Set aside.

**3. MAKE THE CUMIN VEG** Return the pot to medium-high heat with a drizzle of oil, a knob of butter, and the cumin. When hot, add the carrot wedges and beetroot pieces. Fry until slightly softened and starting to brown, 2-3 minutes (shifting occasionally). Pour in a splash of warm water, cover, and simmer until the carrot wedges are soft, 5-8 minutes.

**4. OSTENTATIOUS OSTRICH** 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning. Reserve the pan juices.

**5. ONE LAST STEP...** When the carrot and beetroot are cooked, add to the bowl with the toasted almonds. Add the rinsed green leaves and seasoning. Mix until combined.

**6. DRESS THE MEAL FOR DINNER** Plate up the ostrich steak slices and drizzle over the reserved pan juices. Side with the carrot salad and the beetroot-apple slaw. Sprinkle the crumbled feta over the salad. Well done, Chef!

## Nutritional Information

Per 100g

Energy	334kJ
Energy	80kcal
Protein	5.5g
Carbs	8g
of which sugars	4.1g
Fibre	2.2g
Fat	2.8g
of which saturated	0.8g
Sodium	76mg

## Allergens

Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days