



UCOOK

Ostrich Steak Deluxe

with a Tex-Mex veggie roast, millet & avocado

Lean, clean dining — in style! A spiced roast of kidney beans, baby tomatoes, and pickled peppers is tossed with fluffy, gluten-free millet and crowned by a hearty ostrich steak. On the side? A luxurious feta and avo salad...

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Health Nut

 Lanzerac Estate | Pionier Pinotage

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Ingredients & Prep

60g	Kidney Beans <i>drained & rinsed</i>
30g	Pickled Bell Peppers <i>drained & thickly sliced</i>
100g	Baby Tomatoes <i>rinsed</i>
7,5ml	NOMU Mexican Spice Blend
100ml	Millet
5ml	Vegetable Stock
10g	Sunflower Seeds
1	Avocado
1	Lemon <i>one ½ zested & cut into wedges</i>
160g	Free-range Ostrich Steak
20g	Green Leaves <i>rinsed</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. SPICY ROAST Preheat the oven to 180°C. Place the drained kidney beans, sliced pickled peppers, and rinsed baby tomatoes on a roasting tray. Coat in oil, the Mexican spice blend to taste, and a little seasoning. Spread out in a single layer and roast in the hot oven for 15-20 minutes until the beans are crisping up and the tomatoes are blistered.

2. MAKE YOUR MILLET Place a pot over a medium heat. When hot, toast the millet for 1-3 minutes until light gold, shifting occasionally. Pour in 150ml of salted water, stir through the stock, and cover with a lid. Once boiling, reduce the heat and gently simmer for 15-18 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking.

3. CRUNCHY SEEDS & CREAMY AVO Place the seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Halve the avocado and set aside the half containing the pip for another meal. Scoop the flesh out of the remaining half, cut into cubes, and place in a salad bowl. Squeeze over some lemon juice to stop it browning, season lightly, and set aside.

4. FRY THE OSTRICH Return the pan to a medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When the pan is hot, fry for 8-10 minutes, shifting and turning as it colours until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes.

5. ALMOST THERE... Add the rinsed green leaves, the drained feta, and the lemon zest to taste to the bowl of avocado. Drizzle over 5ml of olive oil, toss to combine, and set aside for serving. When the millet is cooked, remove from the heat, drain if necessary, and return to the pot. Toss through the roast veggies (including any spicy juices from the tray) and a generous drizzle of oil. Thinly slice the ostrich and lightly season the slices.

6. YOU'VE EARNED IT Make a bed of loaded millet and top with the ostrich steak slices. Garnish the luxurious avo salad with the toasted seeds and serve on the side. Dig in!



Chef's Tip

Millet is a gluten-free whole grain and an excellent source of fiber, but it takes a little getting used to when you're learning how to cook it. Although it cooks quite similarly to rice, it can quadruple in size! So, be sure to cook it in a big enough pot.

Nutritional Information

Per 100g

Energy	639kJ
Energy	153Kcal
Protein	9.9g
Carbs	15g
of which sugars	1.7g
Fibre	3.4g
Fat	5.7g
of which saturated	1.5g
Sodium	275mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days