



UCOOK

Pistachio-chilli Pesto & Ostrich

with a bell pepper salad

What do you need to impress dinner guests, Chef? A blender, the right ingredients, and this recipe! A homemade pistachio & pesto is spooned over sweet, buttery corn on the cob. This perfectly complements the juicy slices of ostrich and crisp bell pepper, sharp radish, & tangy sun-dried tomato salad.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jade Summers

Carb Conscious

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

2	Corn On The Cob <i>remove silks</i>
40g	Pistachio Nuts
5g	Fresh Mint <i>rinse, pick & roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
20g	Sliced Pickled Jalapeños <i>drain</i>
20ml	Lemon Juice
320g	Free-range Ostrich Steak
40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
40g	Green Leaves <i>rinse</i>
40g	Radish <i>rinse & slice into thin rounds</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>

From Your Kitchen

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

1. BUTTERY CHARRED CORN Place a clean pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a knob of butter. Fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside.

2. MINTY PISTACHIO PESTO In a blender, combine the pistachios, ½ the chopped mint, 20ml of sweetener, the grated garlic, the drained jalapenos (to taste), the lemon juice (to taste), and a drizzle of olive oil. Blend until slightly smooth and season.

3. O-YUM 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.

4. TOMATO & RADISH SALAD In a salad bowl, combine the chopped sun-dried tomatoes, the rinsed leaves, the radish rounds, the pepper strips, the remaining mint, a drizzle of olive oil, and seasoning.

5. UNFORGETTABLE DINNER Plate up the charred corn, and spoon over the pistachio-chilli pesto. Side with the sliced meat, and the fresh salad. Enjoy!



Chef's Tip

Air fryer method: Coat the corn in oil and season. Air fry at 200°C until tender and lightly golden, 12-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	337kJ
Energy	81kcal
Protein	7.4g
Carbs	7g
of which sugars	3.5g
Fibre	1.7g
Fat	3.1g
of which saturated	0.6g
Sodium	29mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days