



UCOOK

Harry Hartman's Ostrich

with fluffy quinoa, pear & blue cheese

Fluffy quinoa is tossed with tangy lemon, cranberries, toasted sunflower seeds, greens, and roasted beetroot. Topped with succulent ostrich steak slices, pear slices, and a crumble of blue cheese. It's not just a meal; it's a flavour-packed masterpiece!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Harry Hartman

 Fan Faves

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

100g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
1	Onion <i>peeled & cut into thick wedges</i>
75ml	Quinoa <i>rinsed</i>
10g	Sunflower Seeds
150g	Free-range Ostrich Fillet
5ml	NOMU One For All Rub
20ml	Lemon Juice
5g	Dried Cranberries <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
1	Pear <i>½ rinsed, cored & thinly sliced</i>
20g	Blue Cheese

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread the beetroot pieces and the onion wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. FLUFFY QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. 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.

4. SEAR THE OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel and coat in the NOMU rub. 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.

5. LOADED SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, and seasoning. Add the cooked quinoa, the chopped cranberries, the toasted sunflower seeds, the rinsed green leaves, and the roasted veggies. Toss to combine.

6. SERVICE, PLEASE! Make a bed of the loaded salad, top with the steak slices, scatter over the pear slices, and crumble over the cheese. Wow, Chef!

Nutritional Information

Per 100g

Energy	478kj
Energy	114kcal
Protein	7.6g
Carbs	14g
of which sugars	4.3g
Fibre	2.6g
Fat	3.1g
of which saturated	0.9g
Sodium	91mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days