



UCCOOK

Beetroot, Fig & Ostrich Salad

with crispy kale

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	348.7kJ	2116.5kJ
Energy	83.4kcal	506.3kcal
Protein	6.2g	37.4g
Carbs	5.3g	32g
of which sugars	2.4g	14.4g
Fibre	1.8g	11.2g
Fat	3.9g	23.7g
of which saturated	0.8g	4.8g
Sodium	95.6mg	580.2mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
50g	100g	Kale <i>rinse & roughly shred</i>
150g	300g	Free-range Ostrich Strips
5ml	10ml	NOMU One For All Rub
15g	30g	Dried Figs <i>roughly chop</i>
40ml	80ml	Blue Cheese Dressing

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

1. UNBEETABLE BEET Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly spray with cooking spray and season. Roast in the hot oven until cooked through and lightly golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. VEGGIE MEDLEY When the beetroot reaches halfway, scatter over the tomato and pepper. Return to the oven for the remaining time. Place the kale on a separate roasting tray and lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the beetroot has 8-10 minutes to go, pop the kale into the oven and roast for the remaining time until crispy.

3. O-YUM OSTRICH Place the pan over medium-high heat. Pat the ostrich dry with paper towel, lightly coat with cooking spray and the NOMU rub. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

4. FABULOUS DISH Serve up the roasted veg and top with the spiced meat. Side with the crispy kale and scatter over the figs. Finish with a drizzle of the blue cheese dressing.