



UCCOOK

Chimichurri & Ostrich Fillet

with roasted butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	348kj	2054kj
Energy	83kcal	491kcal
Protein	7.2g	42.4g
Carbs	6g	38g
of which sugars	2g	11g
Fibre	2g	9g
Fat	2.8g	16.3g
of which saturated	0.9g	5.5g
Sodium	86.5mg	511mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
50g	100g	Kale <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Rosemary <i>rinse</i>
10ml	20ml	Balsamic Vinegar
150g	300g	Free-range Ostrich Fillet
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly add cooking spray and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. KALE PREP Place the kale in a bowl, lightly add cooking spray and season. Using your hands, massage until softened and coated.

3. CHERRY TOMATO SAUCE Place a pan over medium heat, and lightly add cooking spray. When hot, fry the tomatoes, the garlic, and the rosemary sprigs until the tomatoes are blistered, 5-6 minutes. Press the tomatoes down with the back of a wooden spoon until saucy. Add the balsamic vinegar and simmer, 1-2 minutes. Remove from the heat and discard the rosemary sprigs and season.

4. CRISPY KALE When the butternut has been roasting for 10-15 minutes, scatter the kale over the butternut and roast for the remaining time until crispy.

5. SIZZLING STEAK Place a clean pan over medium-high heat and lightly add cooking spray. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. TIME TO DINE Plate up the roasted veggies alongside the baby tomato sauce and top the sauce with the steak slices. Crumble over the feta and dollop the chimichurri sauce over everything. Enjoy, Chef!