



# UCOOK

## Roasted Thyme Beetroot & Ostrich

with pecan nuts & Danish-style feta

A great-looking plate is about to be placed on your dinner table, Chef! A colourful medley of oven-roasted beetroot & carrot, infused with fresh thyme and dotted with toasted pecans, accompany a crunchy apple, feta & nut salad. Both of these balance the decadent richness of the butter-basted ostrich slices. Last but not least - the Pesto Princess Chimichurri Sauce drizzle!

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Jade Summers

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 Carb Conscious

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 Cathedral Cellar Wines | Cathedral Cellar-  
Cabernet Sauvignon 2021

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## Ingredients & Prep

200g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
3g	Fresh Thyme <i>rinse</i>
10g	Pecan Nuts <i>roughly chop</i>
30ml	Pesto Princess Chimichurri Sauce
160g	Free-range Ostrich Steak
1	Apple <i>rinse, peel, core &amp; roughly dice ½</i>
20g	Green Leaves <i>rinse &amp; roughly shred</i>
30g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

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

**1. UN-BEET-ABLE ROAST** Preheat the oven to 200°C. Spread the beetroot pieces and the carrot chunks on a roasting tray. Coat in oil, the grated garlic, ½ the thyme sprigs, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Remove the sprigs before serving.

**2. PUT THE CAN IN PE-CAN** Place the chopped pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. While the nuts are toasting, loosen the chimichurri with water in 5 ml increments until drizzle consistency.

**3. SEARED 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. CRUNCHY & CREAMY SALAD** In a bowl, combine the diced apple, the shredded leaves, ½ the toasted nuts, the crumbled feta, a drizzle of olive oil, and seasoning.

**5. FROM THE O TO THE YUM!** Plate up the roasted veggies, and scatter over the remaining toasted nuts. Side with the sliced ostrich and the fresh apple salad, and drizzle over the chimichurri. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces, and the carrot chunks in oil, grated garlic, the halved sprigs of thyme and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	6.1g
Carbs	8g
of which sugars	4g
Fibre	2.3g
Fat	3.8g
of which saturated	1.1g
Sodium	119mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook  
within  
4 Days