



UCOOK

Shisa Nyama-style Ostrich

with butternut, vibrant green beans,
charred corn & a yoghurt-pesto dressing

Succulent BBQ ostrich steak served with roasted butternut half-moons, corn on the cob, and bright green beans. Finished off with a drizzle of yoghurt-pesto dressing and sprinklings of fresh parsley. A summer-time feast!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Simonsig | Pinotage

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Ingredients & Prep

1	Butternut Whole <i>deseeded, peeled (optional) & cut into half-moons</i>
1	Garlic Clove <i>peeled</i>
1	Corn On The Cob <i>silks removed & cut into thirds</i>
160g	Free-range Ostrich Steak
10ml	CarbSmart BBQ Sauce
80g	Green Beans <i>rinsed, trimmed & halved</i>
30ml	Pesto Princess Coriander & Chilli Pesto
1	Plain Yoghurt
4g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut half-moons, the garlic clove, and the sliced corn on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. WRAP UP THE STEAK When the butternut & corn have been roasting for 15-20 minutes, pat the steak dry with paper towel. Place a pan over high heat with a drizzle of oil. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with the BBQ sauce. Place in a piece of tinfoil and pour in the pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing, reserving the juices. Lightly season the slices.

3. IT'S A GO FOR GREEN BEANS Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the green beans until al dente, 3-4 minutes. Remove from the pan and season.

4. IMPRESSO WITH THE PESTO Roughly chop the roasted garlic. In a bowl, combine the pesto, the yoghurt, the chopped garlic, and seasoning. Add water in 5ml increments until drizzling consistency.

5. DINNER IS SERVED Plate up the roasted butternut & corn. Side with the green beans and the BBQ steak slices. Drizzle over the pesto dressing and garnish with the chopped parsley. Well done Chef!



Chef's Tip

If you have the time, light up the braai and grill the steak and the corn on the cob over the hot coals instead of in the pan. You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	387kj
Energy	92kcal
Protein	6.8g
Carbs	8g
of which sugars	2.5g
Fibre	1.6g
Fat	3.2g
of which saturated	0.5g
Sodium	30mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within
4 Days