



UCCOOK

Hasselback Beetroot & Ostrich

with an apple salad

Hands-on Time: 40 minutes

Overall Time: 70 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	325kJ	2161kJ
Energy	78kcal	517kcal
Protein	6.3g	41.6g
Carbs	8g	54g
of which sugars	4.3g	28.7g
Fibre	2.2g	14.6g
Fat	2.5g	16.8g
of which saturated	0.5g	3.5g
Sodium	115mg	767mg

Allergens: Sulphites, Sesame, Tree Nuts, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim & peel (optional)</i>
22.5g	30g	Almonds <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
60g	80g	Radish <i>rinse & cut into half-moons</i>
2	2	Apples <i>rinse, core & thinly slice 1½ [2]</i>
30ml	40ml	Lemon Juice
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU One For All Rub
150ml	200ml	Hummus

From Your Kitchen

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

1. I'LL BE HASSELBACK Preheat the oven to 220°C. Place the beetroot between the handles of two wooden spoons. Cut slices, through to the spoon, a few mm apart. Wrap each hasselback beetroot in tin foil, and place them, cut-side up, on a roasting tray. Coat in a drizzle of oil and season. Roast until cooked through, 50-60 minutes.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. APPLE SALAD In a bowl, combine the green leaves, the sun-dried tomatoes, radish, the apple, the lemon juice, and seasoning.

4. O-YUM 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, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. DINNER = DONE Smear half of the plate with the hummus, top with the roasted hasselback beetroot. Side with the fresh salad, the ostrich, and scatter over the nuts. Enjoy.