



UCCOOK

Hoisin Ostrich & Roast Beetroot

with seasonal greens & beetroot

Get your Chef's hat on and prepare your palate for something new, because today we're making Cantonese-inspired cuisine with a South African twist. Hoisin-coated ostrich chunks accompany roasted beetroot pieces and a baby marrow & onion medley. Finished off with toasted sunflower seeds.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
30ml	Asian Sauce <i>(5ml Sesame Oil & 25ml Hoisin Sauce)</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
10g	Sunflower Seeds
1	Onion <i>½ peeled & cut into wedges</i>
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
150g	Free Range Ostrich Chunks
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. GET READY TO ROAST Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. FLAVOUR! In a bowl, combine the Asian sauce, the chopped chilli (to taste), the grated garlic, the grated ginger, and 10ml of water. Set aside.

3. THE SUNNY SIDE OF THE SEED Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. GORGEOUS GREENS Return the pan to medium heat with a drizzle of oil. When hot, fry the onion wedges, 3-4 minutes (shifting occasionally). Add the baby marrow chunks and fry until slightly softened, 3-4 minutes (shifting occasionally). Remove from the heat, season, and set aside.

5. SIZZLIN' STEAKS 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 (shifting occasionally). In the final 1-2 minutes, pour in and baste with ½ the Asian sauce mixture. Remove from the pan, reserving the pan juices. Season and set aside.

6. MARINATED MARROWS Add the remaining Asian sauce to the baby marrow and the onions. Return the pan to medium heat and fry for 1-2 minutes or until heated through.

7. TIME TO EAT! Serve up the juicy beef pieces and drizzle with any pan juices. Make a bed of the rinsed green leaves and top with the flavoursome baby marrow & onion. Side with the roast beetroot. Sprinkle over the toasted sunflower seeds. Dig in!

Nutritional Information

Per 100g

Energy	308kj
Energy	73kcal
Protein	6g
Carbs	6g
of which sugars	3.8g
Fibre	1.5g
Fat	2.3g
of which saturated	0.5g
Sodium	152mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days