



UCOOK

Tangy Apple Salad & Ostrich Steak

with roasted butternut & leeks

You are in for a taste treat with this trio, Chef! Oven roasted leeks & butternut are covered in melted cheese as one of the two sides. The other is a sweet apple, toasted pecans, & creamy feta salad drizzled with balsamic vinegar. These both make the butter-basted ostrich slices shine.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Gina Kamps

Carb Conscious

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10g	Pecan Nuts <i>roughly chop</i>
1	Apple <i>rinse, peel, core & thinly slice ½</i>
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
10ml	Balsamic Vinegar
100g	Leeks <i>trim at the base, cut in half lengthways & cut into bite-sized pieces</i>
160g	Free-range Ostrich Steak
10ml	NOMU One For All Rub
30g	Italian-style Hard Cheese <i>grate</i>

From Your Kitchen

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

1. BUTTERNUT FORGET Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. I CAN WITH PECANS Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SWEET SENSATION To a salad bowl, add the apple slices. Toss with the rinsed leaves, drained feta, ½ the toasted nuts, a drizzle of olive oil, the balsamic vinegar and seasoning.

4. LEKKER LEEKS When the butternut has been in for 10 minutes, toss through the leek pieces and return to the oven for the remaining time.

5. BUTTER-BASTED OSTRICH STEAK 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. MMMELTED CHEESE When the roast has 5 minutes remaining, toss with the grated hard cheese and return to the oven for the remaining time.

7. LOOK AT THAT PLATE! Plate up the cheese-crust roasted veg and side with the sliced ostrich. Serve the dressed apple salad on the side. Garnish with the remaining nuts.



Chef's Tip

Air fryer method: Coat the butternut pieces and leek pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	429kJ
Energy	103kcal
Protein	7.1g
Carbs	10g
of which sugars	4.1g
Fibre	1.8g
Fat	3.9g
of which saturated	1.5g
Sodium	116mg

Allergens

Egg, Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days