

# UCOOK

## Ostrich Fillet & Butter Bean Purée

**with roasted beetroot & caramelised onion**

A smear of rich butter bean purée starts this dish off on a restaurant-quality note, which is continued with balsamic vinegar caramelised onions, earthy oven roasted beetroot, and butter-basted ostrich fillet. Sided with a toasted sunflower seed & radish salad.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

---

**Serves:** 2 People

---

**Chef:** Samantha du Toit

---

 Carb Conscious

---

 Strandveld | Grenache

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

|      |                                                                                      |
|------|--------------------------------------------------------------------------------------|
| 400g | Beetroot<br><i>rinse, trim, peel (optional)<br/>&amp; cut into bite-sized pieces</i> |
| 20g  | Sunflower Seeds                                                                      |
| 1    | Onion<br><i>peel &amp; finely slice</i>                                              |
| 40ml | Balsamic Vinegar                                                                     |
| 240g | Butter Beans<br><i>drain &amp; rinse</i>                                             |
| 300g | Free-range Ostrich Fillet                                                            |
| 40g  | Green Leaves<br><i>rinse &amp; roughly shred</i>                                     |
| 40g  | Radish<br><i>rinse &amp; slice into thin rounds</i>                                  |
| 5g   | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i>                                |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Blender  
Paper Towel  
Butter

**1. BEGIN WITH BEETROOT** 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, 25-30 minutes (shifting halfway).

**2. SUNNY SEEDS** 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.

**3. BALSAMIC ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. In the final 1-2 minutes, stir through the balsamic vinegar. Remove from the pan, season, and cover.

**4. BLEND THE BEANS** Place a pot over medium-high heat with the rinsed beans and 80ml of milk (optional) or water. Once boiling, remove from the heat and stir through a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover.

**5. BUTTERY 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.

**6. FOR THE FRESHNESS** In a salad bowl, toss together the shredded green leaves, the radish rounds, a drizzle of olive oil, and seasoning.

**7. BEAN THERE, DONE THAT** Smear the butter bean purée on the plate and top with the balsamic onions and the roasted beetroot. Side with the ostrich fillet and the radish salad. Scatter over the toasted sunflower seeds and garnish with the chopped parsley.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 319kJ  |
| Energy             | 76kcal |
| Protein            | 7.2g   |
| Carbs              | 7g     |
| of which sugars    | 1.8g   |
| Fibre              | 2.1g   |
| Fat                | 1.7g   |
| of which saturated | 0.3g   |
| Sodium             | 115mg  |

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within  
4 Days