

WCOOK

Hoisin Ostrich & Roast Beetroot

with seasonal greens & beetroot

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Old Vines Carel van Zyl
Grenache 2023

Nutritional Info	Per 100g	Per Portion
Energy	397.1kJ	3318.7kJ
Energy	95kcal	793.9kcal
Protein	5g	41.6g
Carbs	6.3g	52.3g
of which sugars	3.4g	28.8g
Fibre	1.6g	13.8g
Fat	4.6g	38.7g
of which saturated	0.6g	5.3g
Sodium	168.7mg	1410.3mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar
Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
30ml	60ml	Hoisin & Sesame Sauce <i>(5ml [10ml] Sesame Oil & 25ml [50ml] Hoisin Sauce)</i>
1	1	Fresh Chilli <i>trim, deseed & finely chop</i>
1	1	Garlic Clove <i>peel & grate</i>
15g	30g	Pickled Ginger <i>roughly chop ½</i>
10g	20g	Sunflower Seeds
1	1	Onion <i>peel & cut into wedges</i>
200g	400g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
150g	300g	Free-range Ostrich Chunks
40g	80g	Green Leaves <i>rinse & roughly shred</i>
20ml	40ml	Kewpie Mayo

From Your Kitchen

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

1. GET READY TO ROAST Preheat the oven to 200°C. Spread the beetroot 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 hoisin and sesame sauce, the chilli (to taste), the garlic, the chopped ginger, and 10ml [20ml] 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. Fry the onion, 3-4 minutes (shifting occasionally). Add the patty pans and fry until slightly softened, 3-4 minutes (shifting occasionally). Remove from the heat, season, and set aside.

5. SIZZLIN' STEAKS Place a clean 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 sesame-hoisin sauce mixture. Remove from the pan, reserving the pan juices. Season and set aside.

6. TIME TO EAT! Serve the juicy ostrich pieces and drizzle with any pan juices. Drizzle over the mayo, topped with the remaining pickled ginger. Make a bed of the salad leaves, topped with the flavoursome patty pans and onion. Side with the roast beetroot. Sprinkle over the toasted sunflower seeds. Dig in!