



UCOOK

Autumn Harvest Ostrich Steak at Matloha's

**with a roast of orange-infused beetroot,
cinnamon butternut & maple syrup**

Load up on the warmth of Liziwe Matloha's favourite autumn aromas with sizzling ostrich layering a roast of butternut caramelised in maple syrup and beetroot infused with fresh orange juice. Brought together by peppery rocket, almond flakes, and soft feta. It's time to get cosy...

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Liziwe Matloha



Health Nut



Lanzerac Estate | Keldermeester Versameling
Prof

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

Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
15ml	Maple Syrup
1,25ml	Ground Cinnamon
200g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
1	Orange <i>½ zested & cut into wedges</i>
1	Garlic Clove
15g	Flaked Almonds
2g	Fresh Thyme <i>rinsed & picked</i>
20g	Green Leaves <i>rinsed</i>
7,5ml	Balsamic Vinegar
40g	Danish-style Feta <i>drained</i>
160g	Free-range Ostrich Steak

From Your Kitchen

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

1. READY YOUR AUTUMN VEG Preheat the oven to 200°C. Place the butternut chunks on a tinfoil-lined roasting tray and coat in oil. Toss through the maple syrup, the cinnamon, and some seasoning — all to taste. Spread out the beetroot chunks on a separate roasting tray. Coat in oil, the juice of 1 orange wedge, and seasoning. Nestle in the whole, unpeeled garlic clove and pop both trays in the hot oven to roast for 30-35 minutes.

2. CRUNCHY FLAKES Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. HIP, HIP, HALFWAY! When the veggies reach the halfway mark, toss through the rinsed thyme leaves. Return to the oven for the remaining roasting time. On completion, they should be cooked through and crisping up.

4. THE SALADY THINGS Place the rinsed green leaves in a bowl and toss through the balsamic vinegar, a drizzle of oil, and some seasoning. Crumble in ½ of the drained feta, toss again, and set aside for serving.

5. SEAR THE STEAK Return the pan to a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 8-10 minutes, shifting and turning as it colours until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste with a knob of butter. Remove from the pan on completion and set aside to rest for 5 minutes. Remove the roast veggies from the oven and toss together. Once the ostrich has finished resting, thinly slice and lightly season.

6. TIME FOR NOURISHMENT In a bowl, make a bed of dressed leaves and cover in the aromatic butternut and beetroot. Top with the juicy slices of ostrich and crumble over the remaining feta. Garnish with the toasted almond flakes and an orange wedge. Welcome to dinner at Matloha's!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the ostrich to your preference.

Nutritional Information

Per 100g

Energy	391kJ
Energy	93Kcal
Protein	6.5g
Carbs	9g
of which sugars	4.2g
Fibre	1.9g
Fat	3g
of which saturated	1.1g
Sodium	87mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days