



UCOOK

Gochujang Ostrich Steak

with Korean slaw, pineapple & edamame beans

Everyone loves a little bit of sweet & spicy meat, and this Asian-style ostrich steak recipe definitely doesn't disappoint. This meal is full of spice & everything nice, but also full of nourishing ingredients. Divine!


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

150ml	Sushi Rice
10ml	White Sesame Seeds
1	Lime <i>cut into wedges</i>
90ml	Marinade <i>(60ml Low Sodium Soy Sauce & 30ml Sesame Oil)</i>
1/4 head	Cabbage <i>thinly sliced</i>
120g	Carrot <i>grated</i>
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
100g	Edamame Beans
3	Tinned Pineapple Rings <i>drained</i>
320g	Free-range Ostrich Steak
20ml	Gochujang

From Your Kitchen

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

1. STICKY RICE Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over a medium-high heat with 400ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. TOASTY SESAME SEEDS Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. KOREAN-STYLE SLAW Place the juice of 2 lime wedges, the marinade, and a sweetener of choice in a salad bowl. Mix until the sweetener has fully dissolved. Toss through the cabbage, carrot, sliced spring onion whites, and the edamame beans, until fully coated. Season and set aside to marinate.

4. CHARRED PINEAPPLE Return the pan to a medium heat with another drizzle of oil. Fry the pineapple rings for 2-3 minutes per side until slightly charred.

5. SIZZLING STEAK Pat the ostrich steaks dry with some paper towel. Loosen the gochujang with a drizzle of oil. Coat the steaks with a drizzle of oil. Return the pan to a medium heat. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final minute, baste the steaks with the gochujang oil. Remove from the pan on completion. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

6. FIERY STEAK FEAST Plate up the sushi rice and top with Korean-style slaw alongside the gochujang steak slices. Side with the charred pineapple and any remaining lime wedges. Sprinkle over the sliced green spring onions. Simply stunning, Chef!

Chef's Tip

Grains like rice, quinoa, and barley should be rinsed with cold water before cooking to remove excess starch. All in all, rinsing improves taste, texture, and cleanliness!

Nutritional Information

Per 100g

Energy	610kJ
Energy	146Kcal
Protein	9.5g
Carbs	16g
of which sugars	4.2g
Fibre	1.5g
Fat	4.9g
of which saturated	0.8g
Sodium	371mg

Allergens

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

Cook
within
4 Days