



# UCOOK

## Ostrich Steak & Potato Foil

with cucumber, tomato & Kalamata olives

Tender juicy steak with an Italian garlicky flavour, served with delicious potatoes and carrots. The veg is all cooked to perfection with cayenne pepper inside a foil packet. Did we mention you can make these in the oven or on a braai? The perfect dinner the whole family will love, and perfect no matter the time of the year.

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**Hands-On Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Easy Peasy

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 Warwick Wine Estate | First Lady Pinotage

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## Ingredients & Prep

|      |   |
|------|---|
| 800g | Potato<br><i>rinsed &amp; cut into bite-sized chunks</i>          |
| 480g | Carrot<br><i>peeled, trimmed &amp; cut into bite-sized chunks</i> |
| 400g | Baby Tomatoes   |
| 2    | Red Onions<br><i>peeled &amp; cut into wedges</i>                 |
| 10ml | Cayenne Pepper  |
| 200g | Cucumber<br><i>finely diced</i>                                   |
| 80g  | Pitted Kalamata Olives<br><i>drained &amp; halved</i>             |
| 2    | Lemons<br><i>cut into wedges</i>                                  |
| 640g | Free-range Ostrich Steak  |
| 4    | Garlic Cloves<br><i>peeled &amp; grated</i>                       |
| 40ml | NOMU Italian Rub  |
| 120g | Danish-style Feta<br><i>drained</i>                               |

## From Your Kitchen

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

**1. FOIL IT UP** Preheat the oven to 200°C. Place the potato chunks, carrot chunks, ½ the baby tomatoes and the onion wedges in a piece of tinfoil, coat in oil, the cayenne pepper (to taste) and seasoning. Wrap the foil tightly around the veg. Fold the edges over to create a tight seal. Roast in the hot oven for 35-40 minutes. At the halfway mark, open the foil packs and allow the veg to brown for the remaining cooking time. On completion, the veg should be browned and cooked through.

**2. SALAD TIME** Halve the remaining baby tomatoes. Place the diced cucumber, the halved tomatoes and ½ the halved olives in a bowl with a drizzle of oil, a squeeze of lemon juice and some seasoning. Toss until fully combined.

**3. JUICY STEAK** Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, baste the steaks with a knob of butter (optional), the grated garlic and the rub. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. EAT UP!** Serve the juicy steak slices next to the roasted veg. Pile up the cucumber and tomato salad on the side and garnish with the remaining halved olives and a lemon wedge. Crumble over the feta and dig in!



## Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the foil packs over the hot coals instead of in the oven?

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 322kj  |
| Energy             | 77Kcal |
| Protein            | 6.1g   |
| Carbs              | 8g     |
| of which sugars    | 2.1g   |
| Fibre              | 1.8g   |
| Fat                | 2.2g   |
| of which saturated | 0.9g   |
| Sodium             | 131mg  |

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days