



UCOOK

Ostrich & Café Au Lait Sauce

**with a rustic poppy seed sweet potato
mash**


Act like the French and make coffee part of every moment! Juicy ostrich steak is smothered with a creamy mushroom & hazelnut café au lait sauce. Served with rustic sweet potato & poppyseed mash, charred leeks, and a fresh salad. Exquisite!


Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Leopard's Leap | Pinotage

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Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
10ml	Poppy Seeds
10g	Hazelnuts
10ml	Red Wine Vinegar
20g	Salad Leaves <i>rinsed</i>
100g	Leeks <i>trimmed at the base & halved lengthwise</i>
125g	Button Mushrooms <i>roughly sliced</i>
10ml	NOMU Beef Stock
1 sachet	Ground Coffee
50ml	Crème Fraîche
160g	Free-range Ostrich Steak
3g	Fresh Thyme <i>rinsed</i>

From Your Kitchen

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

1. SWEET POTATO MASH Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. On completion, place in a bowl. Add a knob of butter, a splash of milk or water and mash with a potato masher or fork. Add the poppy seeds and mix to combine. Season to taste.

2. TOAST & PREP Place the hazelnuts in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and chop roughly. Boil the kettle. In a bowl, combine the vinegar, a drizzle of olive oil, and seasoning. Just before serving, add the rinsed salad leaves and toss until coated.

3. LEEKS ON FLEEK Rinse the halved leeks and cut into 2-3cm pieces. Place on a roasting tray cut-side up. Coat in oil and season. Roast in the hot oven for 15-20 minutes until softened and charred.

4. GOLDEN MUSHIES Return the pan to medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 3-5 minutes until soft and golden, shifting as they colour. Remove from the pan and season.

5. CAFÉ AU LAIT SAUCE Return the pan to medium heat with 100ml boiling water, the stock, and ½ the ground coffee. Simmer for 3-5 minutes until slightly reduced. Add the fried mushrooms and ½ the toasted hazelnuts. Remove from heat and stir through the crème fraîche. Loosen with a splash of water if the sauce is too thick. Season with a sweetener of choice, salt, and pepper.

6. RICH OSTRICH STEAK Place a pan over medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame will yield a medium-rare result.) In the final 1-2 minutes, baste the steak with the rinsed thyme and a knob of butter. Remove from the pan and rest for 5 minutes before thinly slicing. Lightly season the slices.

7. OOH LA LA! Plate up the succulent ostrich slices and pour over the café au lait sauce. Side with the rustic poppy seed sweet potato mash, the charred leeks, and the fresh salad. Sprinkle over the remaining hazelnuts. Cheers, Chef!

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.4g
Carbs	9g
of which sugars	3.8g
Fibre	1.7g
Fat	4.7g
of which saturated	2.1g
Sodium	103mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days