



UCOOK

Savanna's Ostrich & Pepper Sauce

with Savanna Neat & lyonnaise potatoes

No, Chef, it's not Leon's nice potatoes - it's lyonnaise potatoes! That's a fancy French word to explain a dish made with potatoes & onions. This will be served with a black peppercorn sauce made with the world's no. 1 cider. Savanna, of course! Joining the flavour party are juicy ostrich slices and a blistered baby tomato side salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Savanna

Adventurous Foodie

Savanna | Neat

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Ingredients & Prep

600g	Potato <i>rinse, peel (optional) & cut into 1cm thick rounds</i>
30g	Sunflower Seeds
240g	Baby Tomatoes <i>rinse</i>
2	Onions <i>peel & roughly slice 1½</i>
7,5ml	Crushed Black Peppercorns
60ml	Savanna Neat
15ml	Beef Stock
150ml	Fresh Cream
450g	Free-range Ostrich Fillet
22,5ml	NOMU Roast Rub
60g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. PERFECT POTATO Place the sliced potato in a pot of salted water. Bring to a boil and cook until soft, 4-5 minutes. Drain, season, and cover.

2. ON 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. Return the pan to medium-high heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 5-6 minutes. In the final minute, add a sweetener and seasoning. Remove from the pan and set aside.

3. LOVELY LYONNAISE Once the potatoes are cooked, return a pan to medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the sliced onion. Fry for 5-6 minutes, shifting occasionally. Add the remaining potato and sliced onion, another drizzle of oil, and another knob of butter. Lower the heat and fry until all the onion slices are golden and all the potato slices are starting to crisp, 10-15 minutes. Remove from heat, season and cover to keep warm.

4. SAVANNA SAUCE Place a pan over medium heat with a knob of butter. Once melted, stir in the crushed black peppercorns, the Savanna Neat, the beef stock, and 150ml of water. Simmer until the sauce has reduced by ¾. Stir in the cream and simmer until the sauce has thickened slightly, 5-6 minutes. Remove from the heat and cover to keep warm.

5. O-YUM OSTRICH Place a 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 per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. GREEN & RED SALAD In a bowl, combine the green leaves, toasted sunflower seeds, and the blistered baby tomatoes with a drizzle of olive oil and seasoning.

7. FOOD'S READY! Plate up the basted fillet and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the Savanna pepper sauce on the side. Perfection, Chef!

Nutritional Information

Per 100g

Energy	410kJ
Energy	98kcal
Protein	6.4g
Carbs	9g
of which sugars	2g
Fibre	1.6g
Fat	4g
of which saturated	1.8g
Sodium	94mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Eat
Within
4 Days