

U COOK



Potatoes, Ostrich Strips & Onion Gravy

with NOMU Roast Rub

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	380.2kJ	2701.3kJ
Energy	91kcal	646.2kcal
Protein	6.2g	44g
Carbs	9.3g	66.2g
of which sugars	2.1g	15.1g
Fibre	1.6g	11.4g
Fat	3.1g	22g
of which saturated	1.2g	8.6g
Sodium	115.2mg	818.6mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

30g	60g	Danish-style Feta <i>drain</i>
150g	300g	Free-range Ostrich Strips
120g	120g	Carrot <i>rinse, trim, peel & cut into matchsticks</i>
5ml	10ml	NOMU Roast Rub
50g	100g	Cucumber <i>rinse & cut into matchsticks</i>
5ml	10ml	Worcestershire Sauce
5ml	10ml	Cornflour
1	1	Onion <i>peel & finely slice 1/2 [1]</i>
200g	400g	Potatoes <i>rinse & cut into bite-sized pieces</i>

- 1. NOMU-SPICED SPUD** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).
- 2. SILKY ONION** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry $\frac{3}{4}$ of the onion until caramelised, 8-10 minutes (shifting occasionally).
- 3. SLURRY & SALAD** In a small bowl, combine the cornflour, the worcestershire sauce, and 50ml [100ml] of water. In a salad bowl, combine the cucumber, carrot, feta, the remaining onion (to taste), a drizzle of olive oil and season.
- 4. GROOVY GRAVY** When the onions are done, whisk in the cornflour mixture. Cook the sauce until it thickens, 3-4 minutes (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and cover to keep warm.
- 5. SEARED STRIPS** Pat the ostrich strips dry with paper towel. Place a clean pan over high heat with a drizzle of oil. When hot, sear the ostrich until browned, 20-30 seconds (shifting occasionally). Remove from the heat and season.
- 6. SERVE & SAVOUR** Make a bed of the roast, top with the ostrich strips, and drizzle over the gravy. Serve the salad on the side. Enjoy, Chef!

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter (optional)