



QCOOK

Ostrich Roll & Creamy Wasabi

with salted crisps

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	1144kj	4325kj
Energy	274kcal	1034kcal
Protein	14.6g	55.2g
Carbs	19g	72g
of which sugars	5.2g	19.7g
Fibre	2.1g	7.8g
Fat	14.7g	55.4g
of which saturated	4.6g	17.4g
Sodium	373mg	1411mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU Roast Rub
1	2	Ciabatta Roll/s
50ml	100ml	Creamy Kewpie <i>(25ml [50ml] Sour Cream & 25ml [50ml] Kewpie Mayo)</i>
2,5ml	5ml	Wasabi Powder
3g	5g	Fresh Coriander <i>rinse & pick</i>
40g	80g	Grated Cheddar Cheese
1 unit	2 units	Rootstock Salt Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. OSTRICH FILLET 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.

2. TOAST THE ROLL Halve the ciabattini roll/s and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes. Alternatively, air fry at 200°C until crispy, 2-3 minutes (shifting halfway).

3. JUST BEFORE SERVING Combine the creamy kewpie, the wasabi powder (to taste), and season.

4. TIME TO EAT Smear the wasabi mayo over the roll/s, top with the coriander, the cheese, and the ostrich slices. Side with crisps and enjoy, Chef!