



UCOOK

Hoisin Ostrich Rump

with seasonal greens & sweet potato


Get your Chef's hat on and prepare your palate for something new, because today we're making Cantonese-inspired cuisine with a South African twist. Hoisin-marinated ostrich rump slices accompany roasted sweet potato pieces, a baby marrow & onion medley, and is finished with toasted sunflower seeds.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Waterford The Library
Collection Edition: I-Tie 2017

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into bite-sized pieces</i>
60ml	Asian Sauce <i>(10ml Sesame Oil & 50ml Hoisin Sauce)</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
15g	Fresh Ginger <i>peeled & grated</i>
320g	Free-range Ostrich Rump
20g	Sunflower Seeds
1	Onion <i>peeled & cut into wedges</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GET READY TO ROAST Preheat the oven to 200°C. Spread out the sweet potato pieces 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.

2. MARINATION STATION In a bowl, large enough for the rump, combine the Asian sauce, the chopped chilli (to taste), the grated garlic, the grated ginger, and 20ml of water. Add the rump to the marinade, coat well and set aside.

3. THE SUNNY SIDE OF THE SEED Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

4. GORGEOUS GREENS Return the pan to the heat with a drizzle of oil. When hot, add the onion wedges and fry for 3-4 minutes, shifting occasionally. Add the baby marrow chunks. Fry for 3-4 minutes until the baby marrow has slightly softened, shifting occasionally. Remove from the heat and cover to keep warm.

5. SIZZLIN' STEAKS Place a pan or griddle pan over medium-high heat with a drizzle of oil. Remove the rump from the marinade, reserving the marinade in the bowl. When the pan is hot, fry the rump for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). Remove from the pan and rest for 5 minutes before slicing and lightly seasoning.

6. MARINATED MARROWS Add the reserved marinade to the baby marrow and onions. Return the pan to a medium heat and fry for 1-2 minutes or until heated through. Season to taste (be careful - the marinade is salty).

7. TIME TO EAT! Serve the juicy rump slices. Make a bed of the rinsed green leaves and top with the flavoursome baby marrow & onion. Side with the roast sweet potato. Pour over any pan juices and sprinkle over the toasted sunflower seeds. Dig in!

Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	6.1g
Carbs	10g
of which sugars	5.4g
Fibre	1.4g
Fat	2.3g
of which saturated	0.5g
Sodium	153mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within
4 Days