

Eat Within 3 Days

QCOOK

Ostrich Steak & Sweet Potato

with creamy carrot & cranberry salad

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	468kJ	3273kJ
Energy	112kcal	782kcal
Protein	6.3g	44.1g
Carbs	11g	76g
of which sugars	5.3g	37.3g
Fibre	2.1g	14.7g
Fat	5.3g	36.9g
of which saturated	1g	6.8g
Sodium	139mg	975mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Moderate

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks *cut into small bite-sized chunks*
10ml	20ml	NOMU Cajun Rub
10g	20g	Almonds *roughly chop*
120g	120g	Carrot *rinse, trim & peel into ribbons*
20g	40g	Salad Leaves *rinse & roughly shred*
3g	5g	Fresh Coriander *rinse, pick & roughly chop*
5g	10g	Dried Cranberries *roughly chop*
1	1	Spring Onion *rinse, trim & finely slice*
30g	60g	Sun-dried Tomatoes *roughly chop*
15ml	30ml	Red Wine Vinegar
160g	320g	Free-range Ostrich Steak
60ml	120ml	Chef's Mayo *(30ml [60ml] Mayo & 30ml [60ml] Sour Cream)*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

1. A SWEET DEAL Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ALL OF THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. COMBINE TO MAKE IT SHINE In a bowl, combine the carrot, the leaves, ½ the coriander, ½ the cranberries, ½ the spring onion, the sun-dried tomato, vinegar, and seasoning.

4. SEEK OUT THE STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. CAJUN CUISINE Plate up the Cajun roasted sweet potato. Side with the ostrich slices and the loaded salad. Sprinkle over the remaining cranberries and spring onion, and the almonds. Drizzle over the Chef's mayo. Garnish with the remaining coriander. Dig in, Chef!