



UCOOK

Cheddar BBQ Ostrich & Potato Salad

with fresh parsley

On a bed of green leaves comes a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh parsley. This side sits next to a tender ostrich chunks, pan-fried, basted with a BBQ sauce and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jemell Willemborg

 ***NEW Simple & Save**

 **Waterkloof | Peacock Merlot**

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Ingredients & Prep

450g	Ostrich Chunks
15ml	NOMU BBQ Rub
600g	Baby Potato <i>rinse & cut in half</i>
60ml	BBQ Sauce
60g	Grated Mozzarella & Cheddar Cheese
150ml	Creamy Mayo <i>(75ml That Mayo (Original) & 75ml Low Fat Plain Yoghurt)</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Milk (optional)
Paper Towel
Butter

1. OSTRICH PREP Pat the ostrich chunks dry with paper towel and cut them into bite-sized pieces. Coat in the NOMU rub, a drizzle of oil, seasoning, and set aside.

2. SOFT POTATO Place the halved baby potato into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and place in a bowl.

3. BBQ OSTRICH When the potato has 5-10 minutes remaining, place a pan (that has a lid) over medium heat with a drizzle of oil. sear the ostrich until browned, 3-4 minutes (shifting occasionally). You may have to do this step in batches. In the final 30-60 seconds, return all the meat to the pan and baste the ostrich with the BBQ sauce. Sprinkle over the grated cheese, cover with a lid, and remove from the heat. Leave the lid on until the cheese is melted.

4. WARM POTATO SALAD In a salad bowl, place the creamy mayo, mix through $\frac{3}{4}$ of the chopped parsley, the cooked potatoes, and seasoning.

5. DINNER IS READY Make a bed of the shredded salad leaves, top with the creamy warm potato salad, alongside the BBQ cheddar ostrich, and garnish with a sprinkle of the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	10.4g
Carbs	14g
of which sugars	2.8g
Fibre	1.9g
Fat	5.7g
of which saturated	2g
Sodium	198mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days