



UCCOOK

Succulent Ostrich Fillet

with mushroom & bean salad

The queen of lean gets a new look! Juicy ostrich steak is basted with a NOMU Coffee Rub and accessorised with golden mushrooms. Sided with a cannellini bean salad. Talk about a class act!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

375g	Button Mushrooms <i>cut into quarters</i>
1	Red Onion <i>¾ peeled & roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
8g	Fresh Thyme <i>rinsed</i>
450g	Free-range Ostrich Fillet
22,5ml	NOMU Coffee Rub
360g	Cannellini Beans
3	Tomatoes
60g	Salad Leaves
30ml	Pesto Princess Coriander & Chillli Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. NOT MUSHROOM FOR IMPROVEMENT Place a large pan over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the quartered mushrooms and the sliced onion. Fry for 5-6 minutes until soft and browned, shifting occasionally. In the final minute, add the grated garlic and ½ the rinsed thyme. Season, remove from the pan, and cover to keep warm.

2. SUCCULENT FILLET Return the pan to a medium heat with a drizzle of oil. Pat the ostrich fillets dry with paper towel. When the pan is hot, fry the fillets for 2-3 minutes per side or until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, use a knob of butter or a drizzle of oil and the rub to baste the fillets. Remove from the pan and set aside to rest for at least 5 minutes. Slice and lightly season.

3. DRESS HER UP While the fillet is resting, pick the remaining thyme. Drain and rinse the beans. Rinse the salad leaves. Roughly dice the tomatoes. In a salad bowl, combine the rinsed salad leaves, the drained beans, the diced tomatoes, a drizzle of oil, and seasoning. Loosen the pesto with 20ml of oil and 20ml of warm water until a drizzling consistency.

4. THYME TO DINE! Plate up the browned mushrooms. Side with the bean salad. Serve with the succulent ostrich slices drizzled with the loosened pesto. Garnish with the picked thyme. Stylish, Chef!

Nutritional Information

Per 100g

Energy	286kJ
Energy	68kcal
Protein	6.5g
Carbs	6g
of which sugars	2.2g
Fibre	2g
Fat	1.6g
of which saturated	0.3g
Sodium	118.3mg

Allergens

Allium, Tree Nuts

Cook
within
4 Days