



UCOOK

Beer-marinated Ostrich

with a baby tomato and green leaf salad
& a truffle vinaigrette

Take your braai game to the ultimate level with ostrich steak and a fancy salad doused in truffle vinaigrette. Served with finger-licking good garlic bread, you can't go wrong with this one. Weather not playing along? It's a stove-top recipe too! No excuses - you have to try it!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

Adventurous Foodie

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

160g	Free-range Ostrich Steak
1 bottle	Non-alcoholic Beer
10ml	NOMU Italian Rub
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Parsley <i>rinse & finely chop</i>
1	Sourdough Baguette
20g	Green Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>
5ml	Crispy Onion Bits
80g	Baby Tomatoes <i>rinse & halve</i>
15ml	Truffle Vinaigrette <i>(3,75ml Dijon Mustard, 1,25ml Truffle Oil & 10ml White Wine Vinegar)</i>

From Your Kitchen

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

1. DON'T WAIT - MARINATE! Pat the ostrich dry with paper towel. In a bowl, combine 150ml of the beer, the NOMU rub, ½ the lemon zest, a drizzle of oil, and seasoning. Add the ostrich steak and toss until coated. Cover and set aside to marinate for at least 15 minutes.

2. NO LOAFING AROUND In a small bowl, combine the grated garlic, ½ the chopped parsley, the remaining lemon zest, a squeeze of lemon juice, seasoning, and 20ml of oil. Place the baguette on a chopping board and cut 4 horizontal incisions along the top - don't cut all the way through! Smear each incision with the garlic oil.

3. SIZZLING STEAK & CRISPY GARLIC BREAD Place a pan or griddle pan over medium-high heat with a drizzle of oil. When hot, fry the steak (reserving the marinade in the bowl) until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, add the reserved marinade and baste the steak. Remove from the pan and rest for 5 minutes before slicing and seasoning. While the steak is resting, return the pan to medium-high heat. When hot, fry the garlic bread until browned and crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. YOU'RE SUCH A TRUFFLE MAKER! In a salad bowl, combine the rinsed green leaves, the drained feta, the crispy onions, the halved baby tomatoes, the truffle vinaigrette (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. LEKKER DINNER Plate up the ostrich slices. Sprinkle over the remaining parsley. Side with the dressed salad, the garlic bread, and any remaining lemon wedges. Cheers, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai? Wrap the garlic bread in tinfoil and grill it alongside the ostrich steak. You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	337kJ
Energy	81kcal
Protein	5.7g
Carbs	10g
of which sugars	1.8g
Fibre	1.6g
Fat	2.2g
of which saturated	0.9g
Sodium	128mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
4 Days