



# UCCOOK

## Charred Corn & Spicy Ostrich Fillet

with Danish-style feta & tomatoes

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis The Left Bank  
Cabernet Sauvignon Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	444kJ	2734kJ
Energy	106kcal	654kcal
Protein	8.3g	51.2g
Carbs	9g	54g
of which sugars	2.3g	14.2g
Fibre	1.8g	10.9g
Fat	4.1g	25.4g
of which saturated	2g	12.3g
Sodium	206mg	1271mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Danish-style Feta <i>drain</i>
360g	480g	Black Beans <i>drain &amp; rinse</i>
60g	80g	Green Leaves <i>rinse</i>
450g	600g	Free-range Ostrich Fillet
30g	40g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
300g	400g	Corn
30ml	40ml	NOMU Cajun Rub
8g	10g	Fresh Coriander <i>rinse &amp; roughly chop</i>
150ml	200ml	Sour Cream
45ml	60ml	Lemon Juice
2	2	Tomatoes <i>rinse &amp; roughly dice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before cutting into bite-sized pieces and seasoning.

**2. CORN & BEANS** Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the corn until lightly charred, 5-6 minutes (shifting occasionally). Add the beans and the remaining NOMU rub, and fry until warmed through, 3-4 minutes. Remove from the heat and season.

**3. DRESSING** In a small bowl, combine the sour cream, ½ the coriander, the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**4. DINNER IS READY** In a salad bowl, make a bed of the green leaves. Scatter over the beans and corn, the tomato, and the jalapeño (to taste). Top with the ostrich pieces and drizzle over the tangy sour cream. Top with the feta and garnish with the remaining coriander. Well done, Chef!