



UCOOK

Ostrich Steak & Potato Foil

with cucumber, tomato & Kalamata olives

Tender juicy steak with an Italian garlicky flavour, served with delicious potatoes and carrots. The veg is all cooked to perfection with cayenne pepper inside a foil packet. Did we mention you can make these in the oven or on a braai? The perfect dinner the whole family will love, and perfect no matter the time of the year.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Megan Bure

 Easy Peasy

 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

400g	Potato <i>rinsed & cut into bite-sized chunks</i>
240g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
200g	Baby Tomatoes
1	Red Onion <i>peeled & cut into wedges</i>
5ml	Cayenne Pepper
100g	Cucumber <i>finely diced</i>
40g	Pitted Kalamata Olives <i>drained & halved</i>
1	Lemon <i>cut into wedges</i>
320g	Free-range Ostrich Steak
2	Garlic Cloves <i>peeled & grated</i>
20g	NOMU Italian Rub
60g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. FOIL IT UP Preheat the oven to 200°C. Place the potato chunks, carrot chunks, ½ the baby tomatoes and the onion wedges in a piece of tinfoil, coat in oil, the cayenne pepper (to taste) and seasoning. Wrap the foil tightly around the veg. Fold the edges over to create a tight seal. Roast in the hot oven for 30-35 minutes. At the halfway mark, open the foil packs and allow the veg to brown for the remaining cooking time. On completion, the veg should be browned and cooked through.

2. SALAD TIME Halve the remaining baby tomatoes. Place the diced cucumber, the halved tomatoes and ½ the halved olives in a bowl with a drizzle of oil, a squeeze of lemon juice and some seasoning. Toss until fully combined.

3. JUICY STEAK Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, baste the steaks with a knob of butter (optional), the grated garlic and the rub. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. EAT UP! Serve the juicy steak slices next to the roasted veg. Pile up the cucumber and tomato salad on the side and garnish with the remaining halved olives and a lemon wedge. Crumble over the feta and dig in!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the foil packs over the hot coals instead of in the oven?

Nutritional Information

Per 100g

Energy	322kj
Energy	77Kcal
Protein	6.1g
Carbs	8g
of which sugars	2.1g
Fibre	1.8g
Fat	2.2g
of which saturated	0.9g
Sodium	131mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days