



UCOOK

Strandveld's Ostrich & Mushroom Sauce

with a creamy pumpkin mash & walnuts

If you haven't tried making your own homemade mmmushroom sauce, today is the day to get that done, Chef. Butter-basted and juicy ostrich steak slices are covered in a very creamy mushroom, thyme & garlic sauce - made from scratch by you! Sided with a simple green salad for freshness.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Strandveld Winery

Carb Conscious

Strandveld | Grenache

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10g	Walnuts <i>roughly chop</i>
65g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse & pick</i>
30ml	Crème Fraîche
150g	Free-range Ostrich Fillet
5ml	NOMU One For All Rub
20g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. MASH Place the pumpkin pieces in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. TOAST Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSHROOM SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Add the grated garlic, the picked thyme, and fry until fragrant, 1-2 minutes. Deglaze the pan with 50ml of water and mix in the crème fraîche. Lightly simmer until thickening, 2-3 minutes. Season and cover.

4. 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 the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. JUST BEFORE SERVING In a salad bowl, combine the rinsed green leaves with a drizzle of olive oil, the toasted nuts, seasoning, and toss to combine.

6. DINNER IS READY Dish up the mash, top with the ostrich slices, and the creamy mushroom sauce. Serve the leafy salad on the side and dig in, Chef!



Chef's Tip

If you would like a rustic mash, you can roast the pumpkin before mashing it. Preheat the oven to 200°C. Coat the pumpkin in oil and season. Roast until golden, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	386kj
Energy	92kcal
Protein	7.8g
Carbs	6g
of which sugars	2.5g
Fibre	1.7g
Fat	4.1g
of which saturated	1.6g
Sodium	51mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
3 Days