

UCOOK

Ostrich Steak & Brown Onion Sauce

with roasted butternut & cabbage

It's meat and two veg, but taken to a whole new level with a homemade brown onion sauce and South African twist. A medley of golden-roasted butternut and cabbage shares a plate with a serving of butter-basted ostrich slices, then drizzled with a can-I-get-some-more sauce made by you, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jason Johnson

Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
100g	Cabbage <i>rinse & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice ½</i>
5ml	Cornflour
125ml	Low Fat UHT Milk
1	Garlic Clove <i>peel & grate</i>
160g	Ostrich Steak

From Your Kitchen

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

1. GO FOR GOLDEN Preheat the oven to 200°C. Spread the butternut pieces and the cabbage chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener.

3. HURRY WITH THE SLURRY In a small bowl, combine the cornflour with 1 tbsp of the milk to form a smooth slurry mixture. Set aside.

4. BROWN ONION SAUCE When the onions are done, add in the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Whisk in the cornflour slurry mixture and then stir in the remaining milk, ensuring there are no lumps. Cook the sauce until it thickens, 5-8 minutes (stirring constantly). Loosen with a splash of milk (optional) or water if the sauce is too thick.

5. BUTTER-BASTED 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. HUNGRY YET, CHEF? Plate up a bed of the butternut & cabbage and serve the ostrich slices alongside. Drizzle over the onion sauce.



Chef's Tip

Air fryer method: Coat the butternut pieces & cabbage chunks in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	281kj
Energy	67kcal
Protein	6.2g
Carbs	7g
of which sugars	2.8g
Fibre	1.2g
Fat	1.3g
of which saturated	0.5g
Sodium	371mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days