

# UCCOOK

## Ostrich Steak & Feta Sauce

**with butter bean mash, onion petals & toasted pumpkin seeds**


Feta can be used for so much more than just crumbling into a salad. Like this dinnertime highlight: a beautiful feta & white cheddar bechamel sauce. This delectable liquid is poured over juicy ostrich steak slices, a rich butter bean mash, and a zesty veggie medley of shredded kale & onion petals. Garnished with toasted pumpkin seeds.


**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Serves:** 3 People

**Chef:** Kate Gomba

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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## Ingredients & Prep

30g	Pumpkin Seeds
1	Onion <i>peeled &amp; cut into thick wedges</i>
150g	Kale <i>rinsed &amp; roughly shredded</i>
1	Lemon <i>rinsed &amp; cut into wedges</i>
360g	Butter Beans <i>drained &amp; rinsed</i>
480g	Free-range Ostrich Steak
2	Garlic Cloves <i>peeled &amp; grated</i>
15ml	Cornflour
180ml	Low Fat Fresh Milk
75g	Danish-style Feta <i>drained &amp; crumbled</i>
90g	Grated Cheddar Cheese

## From Your Kitchen

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

**1. TOAST** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. ONION PETALS & KALE** Separate the layers of the onion wedges into petals. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion petals until lightly golden, 5-6 minutes. Add the shredded kale and fry until wilted, 3-4 minutes. Remove from the pan, add a squeeze of the lemon juice (to taste), and season.

**3. SILKY MASH** Place a pot over medium-high heat with the rinsed beans and 120ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter (optional). Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover.

**4. STEAK** Return the pan to 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.

**5. FETA SAUCE** Place a small pot over medium heat with 45g of butter. Once melted, add the grated garlic and the flour. Cook until lightly golden, 1-2 minutes. Slowly whisk in the milk until the sauce thickens. Loosen with a splash of water if it's too thick. Add the drained feta and the grated cheese. Cook until melted and chunky. Remove from the heat.

**6. TIME TO DINE** Plate up the butter bean mash. Side with the kale & onion, and the steak slices. Drizzle over the feta sauce, and garnish with the toasted pumpkin seeds. Finish off with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	9g
Carbs	7g
of which sugars	1.7g
Fibre	2g
Fat	3.9g
of which saturated	1.9g
Sodium	145mg

## Allergens

Dairy, Allium

Cook  
within  
4 Days