



UCOOK

Ostrich & Blueberry Glaze

with cheesy potato wedges, a green bean salad & a red wine dressing


No need to order an Uber, date night is happening at home! Juicy ostrich steak slices are smothered in a red wine blueberry & balsamic glaze. Served with cheesy potato wedges and a side salad dotted with pops of blueberry & crunchy walnuts.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Edition: I-Tie 2017

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
5ml	NOMU Provençal Rub
20ml	Grated Italian-style Hard Cheese
125g	Blueberries <i>rinsed</i>
72.5ml	Wine Sauce <i>(50ml Red Wine, 15ml Balsamic Vinegar & 7.5ml Honey)</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Rosemary <i>rinsed</i>
15g	Walnuts
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
160g	Free-range Ostrich Steak

From Your Kitchen

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

1. LIVING ON THE WEDGE Preheat the oven to 200°C. Place the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway. On completion, remove from the oven and sprinkle over the rub and the grated cheese. Toss until combined.

2. GLAZED OVER In a small saucepan, add $\frac{3}{4}$ of the rinsed blueberries, a sweetener of choice (to taste), $\frac{3}{4}$ of the wine sauce, the grated garlic, and $\frac{1}{2}$ the rinsed rosemary. Using a potato masher or fork, lightly crush the blueberries to break their skins. Place over medium heat and simmer for 4-5 minutes until slightly reduced. Set aside and cover to keep warm.

3. SOME CRUNCH FOR THE MUNCH Place the walnuts in a pan over medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pan and roughly chop. Set aside. Return the pan to medium-high heat with a splash of water. When starting to bubble, simmer the sliced green beans for 3-4 minutes until cooked al dente. Toss with a drizzle of oil, season, and remove from the pan.

4. SUAVE SALAD In a salad bowl, combine the cooked green beans, the shredded salad leaves, the remaining blueberries, and the toasted walnuts. Just before serving, add the remaining wine sauce, a drizzle of oil, and seasoning. Toss until coated.

5. OH S'RICH, STEAK Return the pan to medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 2-3 minutes per side or until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, baste with the remaining rosemary and a knob of butter. Rest for 5 minutes before thinly slicing. Lightly season.

6. QUICK REHEAT While the steak is resting, return the saucepan with the blueberry glaze to medium heat and bring to a simmer. Remove the rosemary stalks and discard. Loosen with a splash of water if necessary, and season to taste.

7. SERVICE, PLEASE! Plate up the ostrich slices and drizzle over the blueberry glaze. Side with the cheesy potato wedges and the dressed salad. Enjoy, Chef!



Chef's Tip

If you would prefer, slice the blueberries in half for the salad.

Nutritional Information

Per 100g

Energy	424kJ
Energy	101kcal
Protein	7.1g
Carbs	11g
of which sugars	4.4g
Fibre	1.9g
Fat	2.8g
of which saturated	0.6g
Sodium	53mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days