



# UCOOK

## Neil Ellis's Bacon Marmalade & Ostrich

**with smashed baby potatoes & a fresh  
salad**

Take marmalade off the breakfast table and elevate it for a modern dinner setting by making a bacon, honey & caramelised onion marmalade. This is spooned over juicy seared ostrich steak, which is sided with oven-roasted smashed baby potatoes and a tangy tomato & cheese ribbon green salad.

---

**Hands-on Time:** 40 minutes

**Overall Time:** 65 minutes

---

**Serves:** 4 People

---

**Chef:** Neil Ellis

---

Adventurous Foodie

---

Neil Ellis Wines | Neil Ellis Stellenbosch  
Cabernet Sauvignon 2020

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

|          |                                                       |
|----------|-------------------------------------------------------|
| 800g     | Baby Potatoes<br><i>rinse</i>                         |
| 8 strips | Streaky Pork Bacon                                    |
| 2        | Onions<br><i>peel &amp; finely slice</i>              |
| 60ml     | Honey                                                 |
| 600g     | Free-range Ostrich Fillet                             |
| 320g     | Baby Tomatoes<br><i>rinse &amp; cut into quarters</i> |
| 80g      | Green Leaves<br><i>rinse</i>                          |
| 120g     | Italian-style Hard Cheese<br><i>peel into ribbons</i> |

## From Your Kitchen

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

**1. LET'S START!** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

**2. BACON MAKES EVERYTHING BETTER** Place a pan (with a lid) over medium heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel, keeping the pan of oil on the heat. Add a knob of butter (optional) and fry the sliced onion until golden, 10-12 minutes (shifting occasionally).

**3. MAKE THE MARMALADE** When the onion is soft and caramelised, reduce the heat to low. Roughly chop the bacon and add to the pan. Stir in the honey and 110ml of water. Cook until sticky and reduced by a ¼, 5-6 minutes (stirring regularly). Transfer to a small bowl, cover, and set aside.

**4. SMASHED SPUDS** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

**5. SEARED OSTRICH** 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.

**6. QUICK SALAD** Place the baby tomato quarters into a bowl. Toss with the rinsed leaves, the cheese ribbons, a drizzle of olive oil, and seasoning. Set aside.

**7. SMASHIN' DINNER!** Plate up the golden smashed potatoes and side with the ostrich slices. Top with the bacon marmalade and serve the green salad on the side.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 433kJ   |
| Energy             | 103kcal |
| Protein            | 7.9g    |
| Carbs              | 10g     |
| of which sugars    | 4.4g    |
| Fibre              | 1g      |
| Fat                | 3.1g    |
| of which saturated | 1.2g    |
| Sodium             | 90mg    |

## Allergens

Egg, Allium, Cow's Milk

Eat  
Within  
4 Days