



UCOOK

Ostrich Steak & Loaded Cheese Fries

with edamame beans & kewpie mayo

Juicy & tender ostrich steak slices are served alongside crispy fries loaded with melted cheese, fragrant spring onions, and splashes of spicy kewpie mayo. Accompanied by a fresh salad with pops of plump edamame beans, creamy avo and toasted sesame seeds. Every bite will leave you craving more!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Waterkloof | False Bay Pinotage

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Ingredients & Prep

600g	Potato <i>peeled & cut into skinny, 1cm thick fries</i>
150g	Edamame Beans
105ml	Spicy Mayo <i>(90ml Kewpie Mayo & 15ml Sriracha)</i>
15ml	Black Sesame Seeds
480g	Free-range Ostrich Steak
2	Garlic Cloves <i>peeled & grated</i>
120g	Grated Mozzarella & Cheddar Cheese
2	Avocados
30ml	Lime Juice
60g	Salad Leaves <i> rinsed & roughly shredded</i>
2	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. CRISPY FRIES Preheat the oven to 200°C. Boil the kettle. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. EDAMAME BEANS & SPICY MAYO Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Loosen the spicy mayo with a splash of water and set aside. Place the sesame seeds in a pan over a medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. OSTRICH STEAK Return the pan to a medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. GET CHEESY When the fries are cooked, sprinkle over the cheese and return to the oven until melted and golden, 3-4 minutes.

5. FRESH SALAD Halve the avocados and set aside one of the halves for another meal. Peel off the skin, keeping the flesh intact. Dice the avocado. In a bowl, combine the lime juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the diced avocado, the edamame, the shredded green leaves, and the toasted sesame seeds.

6. DIVINE DINNER Pile up the cheesy fries and drizzle over the spicy mayo. Sprinkle the sliced spring onion over the cheesy fries. Side with the loaded salad, and the ostrich slices. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the fries in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	624kj
Energy	149kcal
Protein	8.3g
Carbs	9g
of which sugars	1.3g
Fibre	2.7g
Fat	6.5g
of which saturated	1.7g
Sodium	56mg

Allergens

Egg, Dairy, Allium, Sesame, Sulphites, Soy

Cook
within
4 Days