Eat Within 4 Days

UCOOK

Garlic Ostrich Bites & Baked Potato

with cheese & chilli-mayo

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Neethlingshof | Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	628kJ	3233kJ
Energy	150kcal	773kcal
Protein	9g	46.2g
Carbs	11g	56g
of which sugars	2g	10.2g
Fibre	2.1g	11g
Fat	8g	41.3g
of which saturated	2.1g	10.6g
Sodium	30mg	200mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse & cut in half lengthwise*
40g	80g	Mozzarella Cheese *grate*
150g	300g	Free-range Ostrich Chunks
15ml	30ml	NOMU Does Everything
1	1	Garlic Clove *peel & grate*
20g	40g	Green Leaves *rinse*
10ml	20ml	Lemon Juice
10g	20g	Sun-dried Tomatoes *roughly chop*
50ml	100ml	Chilli Mayo *(30ml [60ml] Mayo, 20ml [40ml] Colleen's Handmade Smoked Paprika Chilli Sauce)*
1	1	Spring Onion *rinse, trim & finely slice*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Butter
Paper Towel

1. INTO THE OVEN Preheat the oven to 200°C. Spread the potatoes cut-side down on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHEESY POTATO When the potatoes are done roasting, remove from the tray and mash the inside of the potato with a fork (ensure to keep the skin intact). Add a knob of butter and season. Sprinkle over the cheese and return to the oven so the cheese melts using the residual heat, until you are ready to serve. Alternatively, put the potatoes in the air fryer for 2-3 minutes just before serving.

3. NOMU-SPICED OSTRICH Place a pan over high heat with a drizzle of oil. Pat the ostrich dry with paper towel, coat with the NOMU rub, and season. When hot, sear the ostrich and fry the garlic until browned and cooked through, 2-3 minutes per side. Remove from the pan and rest for 5 minutes.

4. DRESS THE SALAD In a bowl, combine the green leaves, lemon juice, sun-dried tomatoes, and a drizzle of olive oil. Season and set aside.

5. A MMMASTERPIECE Plate up the potatoes, top with the ostrich garlic bites, drizzle with the chilli-mayo, and garnish with the spring onion. Place the dressed salad alongside. Dinner is ready, well done, Chef!