



# UCOOK

## Ostrich in Italian-style Sauce

**with roasted baby potatoes & fresh parsley**

Perfectly browned ostrich bites are smothered in a flavoursome tomato passata sauce and topped with shards of Italian-style hard cheese. Sided with oven-roasted Cajun-spiced baby potatoes. Classic!

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**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Simple & Save

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 Laborie Estate | Laborie Merlot 2021

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## Ingredients & Prep

|       |                                                        |
|-------|--------------------------------------------------------|
| 1kg   | Baby Potato<br><i>cut into quarters</i>                |
| 30ml  | NOMU Cajun Rub                                         |
| 600g  | Ostrich Chunks                                         |
| 2     | Onions<br><i>peel &amp; roughly slice</i>              |
| 400ml | Tomato Passata                                         |
| 80ml  | Grated Italian-style Hard Cheese                       |
| 10g   | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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

**1. ROAST TATOES** Preheat the oven to 200°C. Spread the quartered baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. TASTY OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**3. TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onions until soft and translucent, 5-6 minutes (shifting occasionally). Add the remaining NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 400ml of water. Simmer until reduced, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich pieces, a sweetener, and seasoning.

**4. TIME TO DINE** Plate up the roasted potatoes, side with the saucy ostrich, and sprinkle over the grated hard cheese. Garnish with the chopped fresh parsley. Nicely done, Chef!



## Chef's Tip

Air fryer method: Coat the quartered baby potatoes in oil, ½ the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 392kj  |
| Energy             | 94kcal |
| Protein            | 6.7g   |
| Carbs              | 9g     |
| of which sugars    | 2.5g   |
| Fibre              | 1.2g   |
| Fat                | 2.6g   |
| of which saturated | 0.7g   |
| Sodium             | 111mg  |

## Allergens

Egg, Allium, Cow's Milk

Cook  
within  
4 Days