



Eat Within 4 Days

QCOOK

Ostrich Steak Roll & Wasabi Cream

with salted crisps

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	1112kJ	4504kJ
Energy	266kcal	1077kcal
Protein	14.3g	58.1g
Carbs	18g	73g
of which sugars	5g	20.1g
Fibre	2g	7.9g
Fat	10.8g	43.8g
of which saturated	4.8g	19.6g
Sodium	329.8mg	1335mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU Roast Rub
3	4	Ciabatta Rolls
150ml	200ml	Creamy Kewpie (75ml [100ml] Sour Cream & 75ml [100ml] Kewpie Mayo)
7,5ml	10ml	Wasabi Powder
40g	40g	Green Leaves <i>rinse & roughly shred</i>
150g	200g	Grated Cheddar Cheese
3 units	4 units	Rootstock Salt Crisps

From Your Kitchen

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

1. OSTRICH FILLET 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, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

2. TOAST THE ROLLS Halve the ciabattini rolls and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the rolls, cut-side down, until golden, 1-2 minutes.

3. JUST BEFORE SERVING Combine the creamy mayo, the wasabi powder (to taste), and seasoning.

4. TIME TO EAT Smear the wasabi mayo over the toasted rolls. Top with the green leaves, the grated cheese, and the ostrich slices. Side with crisps and enjoy, Chef!

Chef's Tip Air fryer method: Halve the roll. Coat the halved roll in oil and season. Air fry at 200°C until crispy, 5-8 minutes (shifting halfway).