



UCOOK

Smoky Ostrich Steak & Avo Pesto

with charred corn & piquanté peppers

Our most special moments happen when we spend time with one another by sharing a delicious meal at the dinner table. And this meal is truly a conversation starter, from the succulent, smoked paprika-infused ostrich steak slices, the homemade pistachio & avo pesto, to the sweet corn, black bean, & piquanté pepper salad.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Kate Gomba

Quick & Easy

Strandveld | Grenache

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Ingredients & Prep

2 units	Guacamole
80g	Danish-style Feta <i>drain</i>
2	Spring Onions <i>rinse & roughly slice</i>
20g	Pistachio Nuts <i>roughly chop</i>
200g	Corn
600g	Free-range Ostrich Fillet
10ml	Smoked Paprika
60ml	Lemon Juice
480g	Black Beans <i>drain & rinse</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. AVO PESTO In a bowl, combine the guacamole, the drained feta, the sliced spring onion (to taste), the chopped pistachios, a splash of water, and seasoning. Mix with a fork until combined.

2. CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

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

4. TIME TO EAT In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the drained beans, the charred corn, the shredded salad leaves, the drained peppers, and seasoning. Bowl up the salad, top with the fillet slices, and dollop over the avo pesto. Garnish with any remaining spring onion. Well done, Chef!

Nutritional Information

Per 100g

Energy	511kJ
Energy	122kcal
Protein	8.6g
Carbs	9g
of which sugars	2g
Fibre	3.2g
Fat	6.2g
of which saturated	1g
Sodium	203mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days