



UCOOK

Garlic-butter Steak & Parsley Potatoes

with a cheese sauce

You haven't savoured a succulent and juicy steak until you've had a butter-basted version on your plate, Chef. In this UCOOK version, the mouthwatering meat is covered in a homemade cheese sauce and sided with butter & parsley-coated baby potatoes. A crunchy sunflower seed salad balances the delicious decadence.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & cut in half</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
5g	Sunflower Seeds
160g	Free-range Ostrich Steak
1	Garlic Clove <i>peel & grate</i>
10ml	Cake Flour
50ml	Low Fat UHT Milk
20g	Cheddar Cheese <i>grate</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. SOFT POTATOES Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and add a knob of butter, the chopped parsley, and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. STEAK Return the pan to 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 grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CHEESE SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, loosen with 50ml of warm water, and add the grated cheese. Stir until the cheese is melted. Season and remove from the heat. Add a splash of water if the sauce is too thick.

5. FRESH LEAVES In a bowl, combine the shredded salad leaves, the sunflower seeds, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Plate up the soft baby potatoes. Side with the steak slices and the fresh salad leaves. Drizzle the cheese sauce over the steak slices. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	9.2g
Carbs	10g
of which sugars	2.1g
Fibre	0.9g
Fat	3g
of which saturated	1.2g
Sodium	56mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days