



UCOOK

Spicy BBQ Ostrich & Potato Bites

with black beans & tomato ragú

The perfect partner for rich ostrich chunks! Spiced with fresh chilli, coated in a sticky BBQ sauce, and sided by a mound of yummy black beans. As if this dish couldn't get any better, nuggets of crispy roast potato are covered in gooey cheese. Need we say more, Chef?

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Painted Wolf Wines | The Den Shiraz

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Ingredients & Prep

400g	Potato <i>rinse & cut into bite-sized chunks</i>
10ml	NOMU Italian Rub
150g	Free-range Ostrich Chunks
1	Onion <i>peel & finely dice</i>
100ml	Tomato Passata
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
50g	Grated Mozzarella & Cheddar Cheese
60g	Black Beans <i>drain & rinse</i>
40ml	The Sauce Queen Smokey BBQ Sauce
3g	Fresh Coriander <i>rinse, pick & finely slice</i>

From Your Kitchen

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

1. GOLDEN NUGGETS Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. 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 (shifting occasionally). Remove from the pan. Season and set aside.

3. SAUCY Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onions until golden, 4-5 minutes. Mix in the tomato passata and 100ml of water. Simmer until thickening, 10-12 minutes (stirring occasionally). In the final 1-2 minutes, mix in the browned ostrich, and the sliced chilli (to taste). Remove from the heat, add a sweetener (to taste), and season.

4. SO CHEESY... When the potatoes have 5 minutes remaining, scatter over the grated cheese and turn the oven onto the grill setting. Cook for the remaining time until the cheese is melted and lightly golden.

5. FINAL TOUCHES When the ostrich is almost done, mix in the drained black beans, and the BBQ sauce. Stir for 2-3 minutes until the beans are heated through. Season and add a sweetener (to taste).

6. RELISH YOUR FABULOUS WORK Make a bed of the spicy ostrich, and plate up the cheesy potato bites alongside it. Sprinkle over any remaining chilli in case you'd like some extra heat! Garnish with the sliced coriander.



Chef's Tip

Air fryer method: Coat the potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	6.2g
Carbs	12g
of which sugars	3.1g
Fibre	1.9g
Fat	3.3g
of which saturated	1.2g
Sodium	130mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days