



UCOOK

Green Peppercorn Sauce & Ostrich

with Danish-style feta & a fresh green salad


There's nothing quite like a sizzling, flavoursome ostrich steak with a crème fraîche & green peppercorn sauce to end your day on a high note. This timeless classic is served with silky mashed potato and a leafy feta salad, all topped with toasted almonds.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Hellen Mwanza

 Fan Faves

 No paired wines

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Ingredients & Prep

800g	Potato <i>rinsed, peeled & cut into bite-sized pieces</i>
40g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled & roughly diced</i>
10ml	Dried Tarragon
20g	Green Peppercorns <i>drained & crushed</i>
40ml	Brandy
125ml	Crème Fraîche
640g	Free-range Ostrich Steak
40ml	NOMU Italian Rub
80g	Green Leaves <i>rinsed & roughly shredded</i>
200g	Cucumber <i>rinsed & roughly diced</i>
125g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the dried tarragon and the crushed peppercorns (to taste), fry until fragrant. Add the brandy, and simmer until almost evaporated. Deglaze with a splash of water and remove from the heat. Stir through the crème fraîche and mix to combine. Add boiling water or milk (optional) in 10ml increments until saucy consistency, season.

4. SEAR THE STEAK Place a clean 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.

5. SIDE SALAD In a salad bowl, toss together the shredded leaves, the diced cucumber, ½ the crumbled feta, ½ the toasted nuts, a drizzle of olive oil, and seasoning. Set aside.

6. DINNER = SERVED Plate up the creamy mash and top with the steak slices. Drizzle over the green peppercorn sauce. Serve the dressed salad on the side and scatter over the remaining feta. Garnish it all with the remaining nuts.

Nutritional Information

Per 100g

Energy	500kj
Energy	120kcal
Protein	8.2g
Carbs	9g
of which sugars	1.7g
Fibre	1.8g
Fat	5.3g
of which saturated	2.5g
Sodium	124mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days