



Eat Within 4 Days

# UCCOOK

## 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<br>(75ml [100ml] Sour Cream &<br>75ml [100ml] Kewpie Mayo) |
| 7,5ml    | 10ml       | Wasabi Powder                                                            |
| 40g      | 40g        | Green Leaves<br><i>rinse &amp; 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).