

UCOOK

Ostrich Carne Asada

with crispy avocado fries & Mexican street corn


Zesty, charred, spicy & fresh. What more could you want? Ostrich steaks are flavoured with a spicy citrus marinade and served with creamy & crunchy avocado fries. Sided with a refreshing tomato & jalapeño salsa and charred corn on the cob topped with sour cream, grated cheese, Mexican spices, and fresh coriander. Let's go!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford The Library
Collection Edition: I-Tie 2017

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Ingredients & Prep

40ml	Citrus Juice <i>(30ml Orange Juice & 10ml Lime Juice)</i>
10ml	Mexican Spice Mix <i>(2,5ml NOMU Chipotle Flakes & 7,5ml NOMU Mexican Spice Blend)</i>
160g	Free-range Ostrich Steak
1	Corn on the Cob <i>silks removed</i>
1	Avocado
80ml	Panko Breadcrumbs
1	Tomato <i>½ roughly diced</i>
1	Onion <i>¼ peeled & finely diced</i>
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & picked</i>
50ml	Sour Cream
15ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. MARINATION STATION Preheat the oven to 200°C. In a bowl, combine the citrus juice, ¾ of the Mexican spice mix, a drizzle of oil, and seasoning. Add the ostrich steak and toss until coated. Set aside to marinate for at least 15 minutes.

2. GRAB YOUR TIN HAT Coat the corn with a drizzle of oil or knob of butter and seasoning. Wrap the corn in a piece of tinfoil and place on a baking tray. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway.

3. CRUNCHY & CREAMY Halve the avocado and remove the pip. Peel off the avocado skin, keeping the flesh intact. Slice the flesh lengthways into wedges. Prepare a shallow dish containing the breadcrumbs, seasoning, and a drizzle of oil. Coat the avo wedges in the breadcrumbs. Press the crumb into each wedge so it coats evenly. Place on a baking tray in a single layer and bake in the hot oven for 12-15 minutes until crispy and golden.

4. SIMPLE SALSA In a bowl, combine the diced tomato, the diced onion (to taste), the chopped jalapeño (to taste), ½ the picked coriander, a drizzle of oil, and seasoning. Set aside.

5. STEAK ME HOME Place a pan over medium heat with a drizzle of oil. When hot, fry the steak, reserving the marinade in the bowl, for 2-3 minutes per side or until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, baste with a knob of butter and the reserved marinade. Remove from the pan, reserving the pan juice, and rest for 5 minutes before thinly slicing. Lightly season.

6. MEXCELLENT CORN When the corn is done, smear ½ the sour cream on the roasted corn. Sprinkle over the grated cheese, the remaining Mexican spice mix (to taste), and the remaining coriander.

7. ALL DONE! Plate up the ostrich slices and drizzle over any reserved pan juices. Side with the Mexican street corn and the crispy avo fries. Serve with the tomato salsa and the remaining sour cream for dipping. Wow, Chef!

Nutritional Information

Per 100g

Energy	519kJ
Energy	124kcal
Protein	7.3g
Carbs	11g
of which sugars	3.1g
Fibre	2.4g
Fat	6.2g
of which saturated	1.7g
Sodium	103mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days