



# U C O O K

— COOKING MADE EASY

## OSTRICH STEAK SMOKE OUT

with charred broccoli, roast potatoes &  
That Mayo

It's getting hot in here! Seared ostrich steak, crispy roast potatoes, peppery rocket, and crunchy, charred broccoli. Pop a punchy paprika-chipotle That Mayo on the side and savour the smoky flavour.

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**Prep + Active Time:** 20 minutes

**Total Cooking Time:** 40 minutes

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 **Serves:** 1 person

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 **Chef:** Jason Kosmas

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 **Easy Peasy**

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## Ingredients

200g	Potato <i>rinsed &amp; cut into bite-size pieces, skin on</i>
150g	Broccoli Florets <i>cut into bite-size pieces</i>
5ml	NOMU Italian Rub
10g	Sunflower Seeds
2.5ml	Smoked Paprika
40ml	That Mayo Chipotle Mayo
1	Ostrich Steak
20g	Green Leaves <i>rinsed</i>
7.5ml	Balsamic Vinegar

## From Your Kitchen

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



### CHEF'S TIP

This recipe uses a smoky chipotle mayo, which is slightly spicy. If it's too hot for you or your family, dilute it by combining it with a little of your own mayo or some plain yoghurt.

## 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

## 2. ROAST POTATOES & BROCCOLI

Preheat the oven to 200°C. Spread out the potato pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. At the halfway mark, remove the potatoes from the oven and give them a shift. Add the broccoli pieces to the tray and coat them in oil. Add the Italian rub to the tray and toss until the veg is well coated. Return the tray to the oven and roast for a further 15-20 minutes until the broccoli is charred and the potatoes are cooked through and crispy.

## 3. TOAST THE SEEDS

Place a pan large enough for the ostrich steaks over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

## 4. SMOKY, SPICY MAYO

In a bowl, combine the chipotle mayo with the smoked paprika to taste. Season and set aside for serving.

## 5. SEAR THE OSTRICH

Place a pan over a medium-high heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 6-8 minutes, shifting and turning as it colours until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

## 6. FINAL TOUCHES

Just before serving, toss the rinsed green leaves with the balsamic vinegar, a drizzle of olive oil, and some seasoning.

## 7. TIME TO DIG IN!

Dish up some golden roast potatoes and charred broccoli alongside the dressed green leaves. Lay the juicy ostrich slices over the top. Add a sprinkling of toasted sunflower seeds and serve with the chipotle mayo on the side! Scrumptious, Chef!

## Nutritional Information

Per 100g

Energy (kJ)	522
Energy (kcal)	125
Protein	8
Carbs	13
of which sugars	2
Fibre	3
Fat	4
of which saturated	1
Salt	0

Cook within: 4 days

Allergens: Egg Allium Sulphites



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Quick Prep



Crowd Pleaser