



# UCOOK

## Ostrich Fillet Provençal

**with mint-tzatziki slaw & golden sweet potato**

Did you know that “Provençal” refers to a place in Southeastern France called Provence? This fragrant ostrich fillet is seasoned with the herbs typically used in this area! It sits atop a bed of roasted sweet potatoes and onion, and alongside a little Mediterranean flair of tzatziki and basil slaw, a kick of fresh chili, and crunchy leaves. Scatterings of toasted pecans and fresh mint to end off this flavoursome delight.

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Samantha Finnegan

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill 2021

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into bite-sized chunks</i>
1	Onion <i>½ peeled &amp; cut into thin wedges</i>
10g	Pecan Nuts
100g	Cabbage <i>roughly shredded</i>
65ml	Tzatziki
3g	Fresh Mint <i>rinsed &amp; roughly chopped</i>
10ml	Willow Creek Cabernet Sauvignon Balsamic Vinegar
1	Fresh Chilli <i>deseeded &amp; thinly sliced</i>
150g	Free-range Ostrich Fillet
5ml	NOMU Provençal Rub
20g	Salad Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. ROASTING TIME!** Preheat the oven to 200°C. Place the sweet potato chunks and onion wedges on a roasting tray. Coat in oil, season to taste, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. TIME FOR A TOAST!** Place the pecan nuts in a pan over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. TZATZIKI SLAW** Place the shredded cabbage, the tzatziki, and ¾ of the chopped mint in a bowl. Pour in 2 tsp of olive oil and ½ of the cab sauv vinegar. Add the sliced chilli to taste and toss until coated. Season to taste and set aside until serving.

**4. FRY THE FILLET** Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 8-10 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.) In the final 1-2 minutes, baste the steak with a knob of butter and the Provençal rub. Remove from the pan on completion, reserving any pan juices, and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**5. JUST BEFORE SERVING...** Place the rinsed salad leaves in a bowl with the remaining cab sauv vinegar. Add a drizzle of olive oil and toss to coat.

**6. FRENCH-FLAVOURED FEAST!** Plate up some roast sweet potato and onion, top with the sliced ostrich fillet, and drizzle over the pan juices to taste. Side with the tzatziki slaw and scatter over the chopped, toasted pecans and remaining chopped mint. Sprinkle over some remaining fresh chilli to taste, if you'd like. Serve with the dressed leaves on the side. Bon appétit!

## Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	6.4g
Carbs	9g
of which sugars	4g
Fibre	1.6g
Fat	2.5g
of which saturated	0.4g
Sodium	106mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days