



# QCOOK

## Ostrich Steak & Mulled Wine Sauce

with smashed baby potatoes & green beans

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Waterford Estate | Waterford Antigo

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	348kj	2669kj
Energy	83kcal	638kcal
Protein	6.1g	46.5g
Carbs	11g	86g
of which sugars	3.6g	27.7g
Fibre	1.6g	12.1g
Fat	1.5g	11.6g
of which saturated	0.3g	2.1g
Sodium	343mg	2632mg

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes
1	1	Onion
100g	200g	Green Beans
10g	20g	Hazelnuts
3g	5g	Fresh Rosemary
50ml	100ml	Red Wine
4	7	Whole Spice Mix <i>1 [2] unit/s Star Anise, 1 unit Cinnamon Stick &amp; 2 [4] units Whole Cloves</i>
5ml	10ml	Cornflour
20ml	40ml	Orange Juice Mix <i>10ml [20ml] Orange Juice &amp; 10ml [20ml] Chaloner Pure Maple Syrup</i>
1	1	Beef Stock Sachet
160g	320g	Free-range Ostrich Steak

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. PREP** Preheat the oven to 200°C. Rinse the potatoes. Peel and slice the onion into wedges. Rinse, trim, and halve the green beans. Roughly chop the nuts. Rinse the rosemary.

**2. ONIONS & BEANS** Spread the onions out on a roasting tray. Coat in oil and season. Roast until cooked through, 25-30 minutes. Place the green beans in a bowl and toss with a drizzle of oil and seasoning. After the onions have been in for 10 minutes, scatter over the dressed green beans and roast for the remaining time. When 5 minutes are remaining, scatter over the hazelnuts.

**3. POTATOES** Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside. Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, press down, splitting the skin, but keeping them in one piece. Drizzle with oil, scatter over ½ the rosemary sprigs, and season. Roast in the hot oven until crispy, 15-20 minutes.

**4. WINE SAUCE** Boil the kettle. Place the wine and spice mix in a saucepan over medium heat. Simmer until reduced by half, 1-2 minutes. In a small bowl, add 5ml [10ml] of cold water and the cornflour. Mix until there are no lumps. Add the orange juice mix, beef stock, cornflour slurry, and 50ml [100ml] boiling water to the spiced wine. Reduce until thickened, 1-2 minutes. Cover and set aside to allow the whole spices to infuse.

**5. OSTRICH STEAK** 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 remaining rosemary sprigs. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**6. FINISH UP** Return the pot of mulled wine sauce to a medium heat. Bring it up to a simmer until heated through, 1-2 minutes. Loosen with a splash of water if it is too thick. Remove the whole spices, discard and season.

**7. MERRY FOR DINNER!** Plate up the steak slices and drizzle over the mulled wine sauce. Side with the smashed baby potatoes and the roasted nuts and veggies.