



UCOOK

GOOD FOOD | GOOD PEOPLE

Effortless Ostrich Fillet

with sweet potato wedges & a fragrant red wine sauce

Steak night is sorted! A classic combo of red wine sauce, leeks, and garlic envelopes this lean cut of game. With roast sweet potato and a seed-flecked salad, it's easy, carb-friendly indulgence.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
5ml	NOMU Roast Rub
10g	Sunflower Seeds
100g	Leeks <i>trimmed</i>
5ml	Beef Stock
5ml	Corn Flour
1	Garlic Clove <i>peeled & grated</i>
50ml	Red Wine
1	Ostrich Fillet
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. WEDGES TO WOW YOU Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray. Coat in oil, the Roast Rub, and seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SEEDS, LEEKS & SAUCE PREP Boil the kettle. Place a pan that has a lid 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. Slice the trimmed leeks in half lengthways and rinse thoroughly. Roughly chop and set aside. Dilute the stock with 125ml of boiling water. Make a corn flour slurry by combining the corn flour with ½ tsp of water.

3. RED, RED WIIIIINE... SAUCE! Return the pan to a medium heat with a drizzle of oil. When hot, fry the leeks for 4-5 minutes until soft, shifting regularly. Add the grated garlic and sauté for a minute until fragrant. Stir in the red wine and cook off the alcohol for 1-2 minutes until the sauce has reduced slightly. Whisk in the diluted stock and the corn flour slurry until well combined. Simmer for 5-6 minutes until thickened, stirring regularly. Season to taste with salt, pepper, and a sweetener of choice. Remove from the heat, cover with the lid, and set aside to keep warm.

4. JUICY OSTRICH STEAK Place a second pan over a medium heat with a drizzle of oil. Pat the steak dry with some paper towel. When the pan is hot, fry the steak for 8-10 minutes, shifting and turning 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.

5. FRESHNESS IS THE BUSINESS! Toss the rinsed green leaves and toasted sunflower seeds together with a drizzle of oil and some seasoning.

6. STEAKHOUSE DINNER AT ITS FINEST Plate up the roast sweet potato wedges alongside the juicy ostrich steak slices. Pour the delectable red wine sauce over the ostrich and serve the crunchy salad on the side. Beautiful, Chef!



Chef's Tip

A slurry is a mixture of flour and water. Making a slurry before using your flour reduces the risk of it clumping into grainy pockets when added to a sauce, soup, or stew. This way, it gets evenly dispersed with no fuss! It adds another step, but it's worth it.

Nutritional Information

Per 100g

Energy	415kJ
Energy	99Kcal
Protein	6.9g
Carbs	11g
of which sugars	3.6g
Fibre	1.7g
Fat	1.8g
of which saturated	0.4g
Sodium	259mg

Allergens

Allium, Sulphites, Alcohol

Cook
within
4 Days