



UCCOOK

Tender Ostrich & Creamy Mushrooms

with a creamy pumpkin mash & almonds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	375kJ	2054kJ
Energy	90kcal	491kcal
Protein	7.8g	42.2g
Carbs	6g	34g
of which sugars	2g	14g
Fibre	1.7g	10g
Fat	3.8g	20.6g
of which saturated	1.5g	8.5g
Sodium	49.5mg	271.2mg

Allergens: Cow's Milk, Allium, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chucks <i>cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Thyme <i>rinse & pick</i>
90ml	125ml	Crème Fraîche
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU One For All Rub
60g	80g	Salad Leaves <i>rinse</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. MASH Place the pumpkin pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Mash with a fork, season, and cover.

2. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MUSHROOM SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Add the garlic, the thyme, and fry until fragrant, 1-2 minutes. Deglaze the pan with 150ml [200ml] of water and mix in the crème fraîche. Lightly simmer until thickening, 4-5 minutes. Season and cover.

4. OSTRICH 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, spice with the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. JUST BEFORE SERVING In a salad bowl, combine the salad leaves with the lemon juice (to taste), the toasted nuts and some seasoning, and toss to combine.

6. DINNER IS READY Dish up the mash, top with the ostrich slices, and the creamy mushroom sauce. Serve the leafy salad on the side and dig in, Chef!