

UCOOK

Ostrich Steak & Feta Sauce

with butter bean mash, onion petals & toasted pumpkin seeds

Feta can be used for so much more than just crumbling into a salad. Like this dinnertime highlight: a beautiful feta & white cheddar bechamel sauce. This delectable liquid is poured over juicy ostrich steak slices, a rich butter bean mash, and a zesty veggie medley of shredded kale & onion petals. Garnished with toasted pumpkin seeds.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

40g	Pumpkin Seeds
1	Onion <i>peeled & cut into thick wedges</i>
200g	Kale <i>rinsed & roughly shredded</i>
1	Lemon <i>rinsed & cut into wedges</i>
480g	Butter Beans <i>drained & rinsed</i>
640g	Free-range Ostrich Steak
2	Garlic Cloves <i>peeled & grated</i>
20ml	Cornflour
250ml	Low Fat Fresh Milk
100g	Danish-style Feta <i>drained & crumbled</i>
120g	Grated Cheddar Cheese

From Your Kitchen

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

1. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ONION PETALS & KALE Separate the layers of the onion wedges into petals. Return the pan to medium heat with a drizzle of oil. When hot, fry the onion petals until lightly golden, 5-6 minutes. Add the shredded kale and fry until wilted, 3-4 minutes. Remove from the pan, add a squeeze of the lemon juice (to taste), and season.

3. SILKY MASH Place a pot over medium-high heat with the rinsed beans and 160ml of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter (optional). Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover.

4. STEAK Return the pan to 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. FETA SAUCE Place a small pot over medium heat with 60g of butter. Once melted, add the grated garlic and the flour. Cook until lightly golden, 1-2 minutes. Slowly whisk in the milk until the sauce thickens. Loosen with a splash of water if it's too thick. Add the drained feta and the grated cheese. Cook until melted and chunky. Remove from the heat.

6. TIME TO DINE Plate up the butter bean mash. Side with the kale & onion, and the steak slices. Drizzle over the feta sauce, and garnish with the toasted pumpkin seeds. Finish off with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	9g
Carbs	7g
of which sugars	1.7g
Fibre	2g
Fat	3.9g
of which saturated	1.9g
Sodium	145mg

Allergens

Dairy, Allium

Cook
within
4 Days