



UCOOK

Ostrich Steak, Fries & Mayo

with a tomato & fresh leaf salad

Juicy ostrich steak is sided with crispy, oven-roasted fries, creamy mayo for dunking, and a fresh green salad. Say hello to simple, delicious home-cooked food.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinse & cut into 1cm thick fries</i>
60ml	Mayo
20ml	Red Wine Vinegar
320g	Ostrich Steak
5g	Fresh Rosemary <i>rinse</i>
40g	Green Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & roughly dice</i>

From Your Kitchen

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

1. ROAST THE FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray. Coat generously in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. PREP THE SAUCES In a small bowl, slightly loosen the mayo with a splash of warm water. Set aside. In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning.

3. BUTTER-BASTED ROSEMARY STEAK When the fries have 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the ostrich steak 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 rinsed rosemary. Remove from the pan, reserving any pan juices, and rest for 5 minutes before thinly slicing and seasoning.

4. FOR THE FRESHNESS To the bowl with the salad dressing, add the leaves and the diced tomato. Toss until combined.

5. IT ALL COMES TOGETHER Plate up the steak slices and drizzle over any reserved pan juices. Side with the fries and the dressed salad. Serve with the loosened mayo for dunking. Classic cooking, Chef!



Chef's Tip

Air fryer method: Coat the potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	412kj
Energy	99kcal
Protein	7.7g
Carbs	8g
of which sugars	2g
Fibre	1.3g
Fat	4g
of which saturated	0.5g
Sodium	38mg

Allergens

Sulphites

Eat
Within
4 Days