



UCOOK

Très Chic Ostrich Fillet

**with a red wine and mushroom sauce,
roast butternut & pecans**

A lean ostrich fillet is already a class act. With this sauce, she's unbeatably elegant, smothered in a fusion of red wine, mushrooms, garlic, thyme, leeks, and crème fraîche. Toasty pecans and cranberries round things off in style.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha Finnegan

 **Health Nut**

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



Ingredients & Prep

500g	Butternut <i>peeled (optional) & cut into half-moons</i>
200g	Leeks <i>trimmed</i>
40g	Pecan Nut & Dried Cranberry Mix
10ml	Beef Stock
125g	Button Mushrooms
2	Garlic Cloves <i>peeled & grated</i>
4g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
125ml	Red Wine
30ml	Crème Fraîche
300g	Free-range Ostrich Fillet
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Place the butternut half-moons on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Halve the trimmed leeks lengthways, rinse thoroughly, and pat dry. Finely slice ½ of them and set aside. Roughly chop the rest into chunks and place in a bowl. Coat in oil, season, and set aside.

2. TOAST Boil the kettle. Place the pecan and cranberry mix in a pan over a medium heat. Toast for 3-5 minutes until the nuts are golden brown and cranberries are lightly charred, shifting occasionally. Remove from the pan and set aside. Roughly chop when cool enough to handle. Dilute the stock with 100ml of boiling water and set aside.

3. CREAMY SAUCE Wipe the mushrooms clean with damp cloth or paper towel and roughly slice. Place a saucepan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the mushrooms for 5-6 minutes until golden. Add the sliced leeks and sauté for 3-4 minutes until softened. Add the grated garlic and chopped thyme, and sauté for 1 minute until fragrant. Stir in the red wine and diluted stock, and bring to a simmer. Cook for 5-6 minutes until slightly reduced, stirring occasionally. Mix in the crème fraîche and cook for 3-4 minutes until thickened, stirring occasionally. Season to taste and remove from the heat. Cover with a lid and set aside for serving.

4. CHARRED LEEKS When the butternut has 10 minutes to go, remove from the oven, flip the half-moons, and shift to one side. Scatter the dressed leeks on the other side, spread out, and return to the oven for the remaining time. On completion, the leeks should be crispy and the butternut should be cooked through and caramelised.

5. COOK THE FILLET Pat the ostrich dry with paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry for 6-8 minutes, shifting and turning until browned all over and cooked to your preference. (This time frame will yield a medium-rare result.) 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. Toss the rinsed green leaves and roast leeks together with a drizzle of olive oil and some seasoning.

6. DELICIOUSNESS Lay out the juicy ostrich slices and smother in creamy sauce. Side with the leek salad and the crisp butternut, and scatter over the toasted pecans and cranberries. Nice one, Chef!



Chef's Tip

For best results, avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary, adding more oil in between. Mushrooms release water, so if there are too many in the pan, you can end up with boiled mushrooms!

Nutritional Information

Per 100g

Energy	382kJ
Energy	91Kcal
Protein	6g
Carbs	8g
of which sugars	2.3g
Fibre	1.8g
Fat	2.7g
of which saturated	0.9g
Sodium	158mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days