



UCOOK

Garlic-Butter Ostrich Skillet

with duck fat potatoes, pickled peppers & Italian-style cheese

SO simple and SO flavourful. Juicy ostrich strips and crisp-golden potatoes are pan-seared and cooked to perfection with a luscious garlic, herb and butter sauce. This is the only steak and potatoes dinner you'll ever need!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

60g	Duck Fat
600g	Potato <i>rinsed & cut into wedges</i>
450g	Free-range Ostrich Stroganoff
22,5ml	Dried Chilli Flakes
30g	Sunflower Seeds
240g	Baby Tomatoes
3	Garlic Cloves <i>peeled & grated</i>
8g	Fresh Oregano <i>rinsed, picked & finely chopped</i>
6g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
8g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
60g	Green Leaves <i>rinsed</i>
90g	Piquanté Peppers <i>drained & roughly chopped</i>
30g	Italian-style Hard Cheese <i>grated</i>

From Your Kitchen

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

1. GOLDEN WEDGES Preheat the oven to 200°C. Melt the duck fat in the microwave or a small saucepan. Place the potato wedges on a roasting tray, coat in the melted duck fat, a drizzle of oil, and some seasoning. To make sure they do get crispy, don't overcrowd the tray — use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. MARINATE & TOAST In a bowl, combine the ostrich with a drizzle of oil, some seasoning and the chilli flakes. Place a pan over a medium heat with the sunflower seeds. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

3. BLISTERED TOMATOES Return the pan to a medium-high heat with a drizzle of oil. When hot, add the tomatoes and fry for 5-6 until charred and blistered. Season to taste.

4. GARLICKY OSTRICH When the potatoes have 10-15 minutes remaining, return the pan, wiped down if necessary, to a medium heat with a knob of butter. Once melted, add the grated garlic, the chopped oregano, the chopped thyme and the chopped rosemary. Add the marinated ostrich and toss until fully coated in the herby garlic butter. Fry for 2-3 minutes, shifting halfway, until browned and cooked through. Remove from the heat.

5. ALMOST THERE... In a salad bowl, add the green leaves, the chopped peppers, a drizzle of oil and some seasoning. Toss until fully combined.

6. QUICK & EASY Plate up the garlicky ostrich and duck fat potatoes sprinkled with the grated Italian cheese. Side with the fresh salad and the charred baby tomatoes. Garnish with the sunflower seeds and enjoy!



Chef's Tip

We recommend using a heavy bottom pan or a cast iron pan for this recipe.

Nutritional Information

Per 100g

Energy	530kJ
Energy	127Kcal
Protein	8.2g
Carbs	9g
of which sugars	2g
Fibre	1.8g
Fat	6.2g
of which saturated	1.8g
Sodium	42mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within
4 Days