



UCOOK

Ostrich Fillet Provençal

with mint-tzatziki slaw & golden sweet potato


Did you know that “Provençal” refers to a place in Southeastern France called Provence? This fragrant ostrich fillet is seasoned with the herbs typically used in this area! It sits atop a bed of roasted sweet potatoes and onion, and alongside a little Mediterranean flair of tzatziki and basil slaw, a kick of fresh chili, and crunchy leaves. Scatterings of toasted pecans and fresh mint to end off this flavoursome delight.


Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Samantha Finnegan

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
2	Onions <i>1½ peeled & cut into thin wedges</i>
30g	Pecan Nuts
300g	Cabbage <i>roughly shredded</i>
170ml	Tzatziki
8g	Fresh Mint <i>rinsed & roughly chopped</i>
30ml	Willow Creek Cabernet Sauvignon Balsamic Vinegar
2	Fresh Chillies <i>deseeded & thinly sliced</i>
450g	Free-range Ostrich Fillet
15ml	NOMU Provençal Rub
60g	Salad Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROASTING TIME! Preheat the oven to 200°C. Place the sweet potato chunks and onion wedges on a roasting tray. Use two trays if needed. Coat in oil, season to taste, and spread out evenly. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TIME FOR A TOAST! Place the pecan nuts in a pan over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. TZATZIKI SLAW Place the shredded cabbage, the tzatziki, and ¾ of the chopped mint in a bowl. Pour in 2 tbsp of olive oil and ½ of the cab sauv vinegar. Add the sliced chilli to taste and toss until coated. Season to taste and set aside until serving.

4. FRY THE FILLET Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with paper towel. When the pan is hot, fry the steaks for 8-10 minutes, shifting and turning as they colour until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, baste the steaks with a knob of butter and the Provençal rub. Remove from the pan on completion, reserving any pan juices, and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. JUST BEFORE SERVING... Place the rinsed salad leaves in a bowl with the remaining cab sauv vinegar. Add a drizzle of olive oil and toss to coat.

6. FRENCH-FLAVOURED FEAST! Plate up some roast sweet potato and onion, top with the sliced ostrich fillet, and drizzle over the pan juices to taste. Side with the tzatziki slaw and scatter over the chopped, toasted pecans and remaining chopped mint. Sprinkle over some remaining fresh chilli to taste, if you'd like. Serve with the dressed leaves on the side. Bon appétit!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	6.4g
Carbs	9g
of which sugars	4g
Fibre	1.6g
Fat	2.5g
of which saturated	0.4g
Sodium	106mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days