



UCCOOK

Honey-mustard Ostrich Steak

with Brussels sprouts, crispy kale & carrot

Once you've tasted the juicy steak slices basted in a honey & mustard sauce, sided with charred brussels sprouts, roasted carrot wedges, crispy kale & a sprinkling of sunflower seeds, you'll want to share this culinary gift with all your loved ones.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Quincy Vearey

 Carb Conscious

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
100g	Brussels Sprouts <i>rinsed & halved</i>
5ml	NOMU Provençal Rub
10g	Sunflower Seeds
160g	Free-range Ostrich Steak
30ml	Honey-mustard Sauce <i>(15ml Honey, 10ml Apple Cider Vinegar & 5ml Wholegrain Mustard)</i>

From Your Kitchen

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

1. IT'S BEGINNING Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Add the halved brussels sprouts and the NOMU rub to the bowl. Toss until combined. Set aside.

2. LET'S MAKE A TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. HALFWAY THERE When the carrots reach the halfway mark, give the tray a shift. Scatter the dressed kale & Brussels sprouts over the tray. Return to the hot oven and roast for the remaining time until crispy.

4. HONEY-MUSTARD STEAK Return the pan to a 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). During the final 1-2 minutes, baste with a knob of butter or drizzle of oil and the honey-mustard sauce. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing. Season.

5. IT'S DINNER TIME Plate up the roast. Side with steak slices and drizzle over the reserved pan juices. Sprinkle over the toasted sunflower seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	328kJ
Energy	78kcal
Protein	7g
Carbs	9g
of which sugars	5.3g
Fibre	2.5g
Fat	1.9g
of which saturated	0.4g
Sodium	69mg

Allergens

Sulphites

Cook
within
4 Days