



# UCOOK

## Ostrich Steak & Potato Crisps

with baby potatoes & a charred corn salad

When it comes to simplicity on a plate, few things beat the combination of meat with NOMU Roast rub, baby potatoes & salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Pinotage Rosé

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## Ingredients & Prep

400g	Baby Potato
40g	Salad Leaves
40g	Piquanté Peppers
80g	Corn
320g	Ostrich Steak
10ml	NOMU Roast Rub
20ml	Lemon Juice

## From Your Kitchen

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

**1. BABY POTATOES** Preheat the oven to 200°C. Rinse and cut the baby potatoes into thin rounds. Spread the baby potato rounds on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. SALAD PREP** Rinse and roughly shred the salad leaves. Drain the piquanté peppers and set aside.

**3. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Place in a salad bowl.

**4. OSTRICH STEAK** Return the pan to 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). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. FOR THE FRESHNESS** To the salad bowl with the corn, toss through the lemon juice, a drizzle of olive oil, a sweetener (to taste), seasoning, the shredded leaves, and the drained peppers.

**6. TIME TO DINE** Plate up the ostrich slices. Side with the baby potato rounds and the charred corn salad. Cheers, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	389kj
Energy	93kcal
Protein	8.8g
Carbs	11g
of which sugars	2.6g
Fibre	1.1g
Fat	1.2g
of which saturated	0.4g
Sodium	97mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days