



# UCOOK

## Ostrich Steak Roll & Wasabi Cream

with salted crisps

Think wasabi is only for spicing up your soy sauce for sushi, Chef? We show you the versatility of this Japanese root by using it to add some heat to creamy mayo. This is smeared on a toasted ciabatta roll, then topped with slices of juicy ostrich, fresh greens, & cheddar cheese. Sided with Rootstock Salt Crisps.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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Strandveld | Grenache

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## Ingredients & Prep

150g	Free-range Ostrich Fillet
5ml	NOMU Oriental Rub
1	Ciabatta Roll
50ml	Creamy Kewpie <i>(25ml Sour Cream &amp; 25ml Kewpie Mayo)</i>
2,5ml	Wasabi Powder
20g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	Grated Cheddar Cheese
1 unit	Rootstock Salt Crisps

## From Your Kitchen

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

**1. OSTRICH FILLET** Place a pan over 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 set aside to rest for 5 minutes before slicing and seasoning.

**2. TOAST THE ROLL** Halve the ciabattini roll and spread butter or oil over the cut-sides. Place a pan over medium heat. When hot, toast the roll halves, cut-side down, until golden, 1-2 minutes.

**3. JUST BEFORE SERVING** Combine the creamy mayo, the wasabi powder (to taste), and seasoning.

**4. TIME TO EAT** Smear the wasabi mayo over the toasted roll. Top with the green leaves, the grated cheese, and the ostrich slices. Side with crisps and enjoy, Chef!



## Chef's Tip

Air fryer method: Halve the rolls. Coat the halved rolls in oil and season. Air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	1113kJ
Energy	266kcal
Protein	14.3g
Carbs	18g
of which sugars	5.1g
Fibre	1.9g
Fat	10.9g
of which saturated	4.8g
Sodium	299mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat  
Within  
5 Days