



UCOOK

BBQ Glazed Ostrich Strips

with potato wedges & a fresh salad

Perfectly cooked potato wedges are sided with succulent ostrich strips coated in a mouth-watering BBQ glaze. The fresh salad of green leaves, juicy tomato wedges, and crisp cucumber matchsticks provide a refreshing balance. Don't forget the finishing touch of chopped parsley for a pop of colour. Let's get cooking, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
20g	Green Leaves
4g	Fresh Parsley
1	Tomato
50g	Cucumber
150g	Ostrich Strips
50ml	BBQ Sauce

From Your Kitchen

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

1. LIVE LIFE ON THE WEDGE Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. SOME PREP Rinse the green leaves and the parsley. Roughly shred the green leaves and roughly chop the parsley. Cut ½ of the tomato into thin wedges. Cut the cucumber into matchsticks.

3. GLAZED OSTRICH When the roast has 8-10 minutes remaining, place a pan over high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, add the ostrich strips and fry until browned, 30-60 seconds per side. In the final 30-60 seconds, baste with the BBQ sauce. Season to taste.

4. FRESH SALAD In a salad bowl, combine the rinsed green leaves, the tomato wedges, the cucumber matchsticks, a drizzle of olive oil, and seasoning.

5. THAT'S ALL, FOLKS! Plate up the golden wedges. Side with the glazed ostrich strips and the fresh salad. Garnish with the chopped parsley. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 15-25 minutes.

Nutritional Information

Per 100g

Energy	373kJ
Energy	89kcal
Protein	7.2g
Carbs	9g
of which sugars	2.7g
Fibre	1.4g
Fat	2.7g
of which saturated	0.5g
Sodium	100mg

Allergens

Allium, Sulphites

Cook
within 2
Days