



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.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage Rosé

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Ingredients & Prep

200g	Baby Potato
20g	Salad Leaves
20g	Piquanté Peppers
40g	Corn
160g	Ostrich Steak
5ml	NOMU Roast Rub
10ml	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