



# UCOOK

## Cheddar BBQ Ostrich & Potato Salad

with fresh parsley

On a bed of green leaves comes a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh parsley. This side sits next to a tender ostrich chunks, pan-fried, basted with a BBQ sauce and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Jemell Willemborg

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 **\*NEW Simple & Save**

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 **Waterkloof | Peacock Merlot**

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## Ingredients & Prep

300g	Ostrich Chunks
10ml	NOMU BBQ Rub
400g	Baby Potato <i>rinse &amp; cut in half</i>
40ml	BBQ Sauce
40g	Grated Mozzarella & Cheddar Cheese
100ml	Creamy Mayo <i>(50ml That Mayo (Original) &amp; 50ml Low Fat Plain Yoghurt)</i>
5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
40g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Milk (optional)  
Paper Towel  
Butter

**1. OSTRICH PREP** Pat the ostrich chunks dry with paper towel and cut them into bite-sized pieces. Coat in the NOMU rub, a drizzle of oil, seasoning, and set aside.

**2. SOFT POTATO** Place the halved baby potato into a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and place in a bowl.

**3. BBQ OSTRICH** When the potato has 5-10 minutes remaining, place a pan (that has a lid) over medium heat with a drizzle of oil. sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 30-60 seconds, baste the ostrich with the BBQ sauce. Sprinkle over the grated cheese, cover with a lid, and remove from the heat. Leave the lid on until the cheese is melted.

**4. WARM POTATO SALAD** In a salad bowl, place the creamy mayo, mix through  $\frac{3}{4}$  of the chopped parsley, the cooked potatoes, and seasoning.

**5. DINNER IS READY** Make a bed of the shredded salad leaves, top with the creamy warm potato salad, alongside the BBQ cheddar ostrich , and garnish with a sprinkle of the remaining parsley. Well done, Chef!

## Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	10.4g
Carbs	14g
of which sugars	2.8g
Fibre	1.9g
Fat	5.7g
of which saturated	2g
Sodium	198mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within  
4 Days