



UCOOK

Cajun Sweet Potato & Ostrich Steak

with a creamy salad

Here's a tongue twister for you, Chef! Cajun spices. Creamy salad. Carrot ribbons. With cranberries, coriander & chipotle flakes! But don't worry - it will all be a taste sensation. Everything comes together to make the juicy ostrich steak sing with flavour while the roasted sweet potatoes shine.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Waterkloof | Peacock Syrah

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized pieces</i>
10ml	NOMU Cajun Rub
10g	Almonds <i>roughly chopped</i>
5g	Dried Cranberries
3g	Fresh Coriander
120g	Carrot
3g	Fresh Chives
20g	Salad Leaves <i>rinsed & finely shredded</i>
60ml	Creamy Mayo <i>(30ml That Mayo (Original) & 30ml Sour Cream)</i>
2,5ml	NOMU Chipotle Flakes
150g	Free-range Ostrich Fillet

From Your Kitchen

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

1. A SWEET DEAL Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. ALL OF THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRACK ON WITH THE CRANBERRIES While the sweet potato is roasting, roughly chop the dried cranberries. Rinse and roughly chop the coriander. Rinse, trim and peel the carrot into ribbons. Rinse and finely slice the chives. Rinse and finely slice rinsed salad leaves.

4. COMBINE TO MAKE IT SHINE In a bowl, combine the shredded leaves, the sliced chives, the creamy mayo, ½ the chopped coriander, ½ the chopped cranberries, the carrot ribbons, the chipotle flakes (to taste), and seasoning.

5. SEEK OUT THE STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich steak 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. CAJUN CUISINE Plate up the cajun roasted sweet potato. Side with the ostrich slices and the creamy salad. Sprinkle over the remaining cranberries, the toasted almonds, and the remaining coriander. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	491kJ
Energy	117kcal
Protein	6.6g
Carbs	12g
of which sugars	4.3g
Fibre	2.1g
Fat	4.2g
of which saturated	1.3g
Sodium	149mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days