



UCOOK

Truffle Butter & Ostrich Fillet

with braised leeks & green beans

Perfectly tender ostrich fillet is basted in a decadent truffle butter. Paired with golden, oven-roasted potato wedges and a medley of braised leeks & green beans garnished with toasted almonds. Simply stunning!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

Adventurous Foodie

Strandveld | Grenache

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Ingredients & Prep

200g	Potato <i>rinse & cut into wedges</i>
5ml	NOMU Provençal Rub
2.5ml	Truffle Oil
15g	Almonds
100g	Leeks <i>trim at the base & cut in half lengthways</i>
150g	Green Beans <i>rinse & trim</i>
1	Garlic Clove <i>peel & grate</i>
150g	Free-range Ostrich Fillet

From Your Kitchen

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

1. ROAST WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TRUFFLE & TOAST In a bowl, combine 10g of butter with the truffle oil and set aside. Place the almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY THE GREENS Rinse and finely slice the halved leeks. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and the halved green beans until charred, 5-6 minutes (shifting occasionally). Add a splash of water and cover. Simmer until the water has evaporated, 2-3 minutes. In the final 1-2 minutes, toss in a knob of butter and the grated garlic. Remove from the pan, season, and cover.

4. ON TO THE OSTRICH 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 the truffle butter. Remove from the pan, wrap up in tinfoil with all the pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

5. TIME TO DINE! Plate up the golden wedges, and side with the braised green veggies and the fillet slices. Finish with a drizzle of all the juices from the steak and sprinkle over the toasted almonds. Easy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	7.2g
Carbs	11g
of which sugars	2.1g
Fibre	2.3g
Fat	2.4g
of which saturated	0.4g
Sodium	29mg

Allergens

Cow's Milk, Allium, Tree Nuts

Eat
Within
5 Days