



UCCOOK

Cheesy Ostrich & Potato Salad

with fresh basil

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jemell Willemborg

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	657.4kJ	3058.4kJ
Energy	157.2kcal	731kcal
Protein	9.3g	43.2g
Carbs	10.9g	50.6g
of which sugars	3.7g	17g
Fibre	0.8g	3.8g
Fat	8.1g	37.9g
of which saturated	2g	9.5g
Sodium	56.4mg	370.6mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Ostrich Strips
5ml	10ml	NOMU BBQ Rub
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
15ml	30ml	Richard Bosman's BBQ Sauce
30g	60g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Creamy Mayo <i>(30ml [60ml] Mayo & 20ml [40ml] Low Fat Plain Yoghurt)</i>
10g	20g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

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

- 1. OSTRICH PREP** Pat the ostrich dry with paper towel and cut into bite-sized pieces. Coat in oil, the NOMU rub, and seasoning. Set aside.
- 2. SOFT POTATO** Place the baby potatoes in a pot of salted water. Bring to a 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 (with a lid) over medium heat with a drizzle of oil. Sear the ostrich until browned, 20-30 seconds (shifting occasionally). In the final 10 seconds, baste the ostrich with the BBQ sauce. Sprinkle over the cheese, cover with a lid, and remove from the heat. Leave the lid on until the cheese is melted.
- 4. WARM POTATO SALAD** To a salad bowl, add the creamy mayo. Mix through the potatoes and some seasoning.
- 5. DINNER IS READY** Make a bed of the basil leaves and top with the creamy warm potato salad. Serve alongside the BBQ cheddar ostrich. Well done, Chef!