



UCOOK

Hearty Ostrich & Parsley Butter Sauce

with mashed potato & a side salad

Juicy & tender ostrich steak slices are sided with a moreish parsley-butter sauce. Creamy mashed potato is the perfect side to soak up all that deliciousness, while a green cucumber & pea salad adds the perfect touch of freshness.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

Simple & Save

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

600g	Potato <i>rinse, peel & cut into small pieces</i>
120g	Peas
30ml	Lemon Juice
120g	Kale <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
480g	Free-range Ostrich Steak
2	Garlic Cloves <i>peel & grate</i>
15g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. PREP STEP Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. SIDE SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the shredded kale and use your hands to massage it until softened and coated. Add the cucumber half-moons, the peas, and seasoning.

4. FRY THE OSTRICH Place a pan over 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. BUTTER SAUCE Place 60g of butter in a saucepan over medium heat. When the butter starts to foam, add the grated garlic and cook until the butter is golden and fragrant, 1-2 minutes. Remove the saucepan from the heat and stir through the chopped parsley.

6. DISH UP Plate up the ostrich steak slices and side with the herby butter sauce. Serve with the mashed potato and the dressed salad. Finish off with a crack of black pepper. Dig in, Chef!

Nutritional Information

Per 100g

Energy	335kJ
Energy	80kcal
Protein	8.4g
Carbs	9g
of which sugars	1.4g
Fibre	1.9g
Fat	1.2g
of which saturated	0.3g
Sodium	21mg

Allergens

Cow's Milk, Allium

Eat
Within
4 Days