



UCCOOK

Smoky Ostrich Steak & Avo Pesto

with charred corn & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	533kj	3475kj
Energy	127kcal	831kcal
Protein	8.1g	52.6g
Carbs	9g	59g
of which sugars	1.8g	11.7g
Fibre	3.6g	23.6g
Fat	7.2g	46.7g
of which saturated	1.6g	10.5g
Sodium	102.4mg	668mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Avocado <i>cut in half ½ [1]</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Spring Onion <i>rinse & roughly slice</i>
5g	10g	Pistachio Nuts <i>roughly chop</i>
50g	100g	Corn
160g	320g	Free-range Ostrich Steak
2,5ml	5ml	Smoked Paprika
15ml	30ml	Lemon Juice
120g	240g	Black Beans <i>drain & rinse</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. AVO PESTO In a bowl, combine the avocado, the feta, the spring onion (to taste), the pistachios, a splash of water, and seasoning. Mix with a fork until combined.

2. CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. OSTRICH Return the 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 and the smoked paprika. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the beans, the charred corn, the salad leaves, the peppers, and seasoning. Bowl up the salad, top with the steak slices, and dollop over the avo pesto. Garnish with any remaining spring onion. Well done, Chef!