

WCOOK

Garlic-rosemary Potatoes & Ostrich

with cucumber salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	427kJ	2375kJ
Energy	102kcal	568kcal
Protein	8.7g	48.2g
Carbs	10g	53g
of which sugars	1.7g	9.5g
Fibre	1.1g	6.1g
Fat	3g	16.8g
of which saturated	0.6g	3.1g
Sodium	777mg	4320mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse</i>
10g	20g	Sunflower Seeds
1	2	Garlic Cloves <i>peel & grate</i>
3g	5g	Fresh Rosemary <i>rinse & finely chop</i>
160g	320g	Free-range Ostrich Steak/s
10ml	20ml	Greek Seasoning
50g	100g	Cucumber
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
40ml	80ml	Greek Dressing

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 10-15 minutes. Drain, season, and set aside.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SMASHED POTATOES In a bowl, combine the garlic, the rosemary, and 2 tbsp [4 *tbsp*] of oil. Spread the potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over the garlic-rosemary oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

4. SIZZLIN' STEAKS 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 and the Greek seasoning. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. FRESH SALAD In a bowl, combine the cucumber, salad leaves, sunflower seeds, and Greek dressing. Toss to combine and season.

6. TIME TO EAT! Plate up the smashed potatoes, alongside the steak slices, and the fresh salad. Well done, Chef!