



UCCOOK

Ostrich Steak Roll & Creamy Wasabi

with salted crisps

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1126kJ	4547kJ
Energy	269kcal	1087kcal
Protein	14.7g	59.6g
Carbs	18g	72g
of which sugars	5g	20.2g
Fibre	1.9g	7.6g
Fat	14.7g	59.4g
of which saturated	4.9g	19.6g
Sodium	363mg	1465mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range Ostrich Steak
10g	20g	Green Leaves <i>rinse & roughly shred</i>
5ml	10ml	NOMU Does Everything
1	2	Ciabatta Roll/s
50ml	100ml	Creamy Kewpie <i>(25ml [50ml] Sour Cream & 25ml [50ml] Kewpie Mayo)</i>
2,5ml	5ml	Wasabi Powder
50g	100g	Grated Cheddar Cheese
1 unit	2 units	Rootstock Salt Crisps

From Your Kitchen

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

1. OSTRICH FILLET 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 NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

2. TOAST THE ROLL Halve the ciabattini roll/s and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes. Alternatively, air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

3. JUST BEFORE SERVING Combine the creamy mayo, the wasabi powder (to taste), and season.

4. TIME TO EAT Smear the wasabi mayo over the roll/s, top with the green leaves, the cheese, and the ostrich slices. Side with crisps and enjoy, Chef!