



UCCOOK

BBQ Ostrich & Potato Salad

with fresh parsley

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Jemell Willemborg

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info

	Per 100g	Per Portion
Energy	643kJ	3524kJ
Energy	154kcal	843kcal
Protein	8.9g	48.8g
Carbs	11g	60g
of which sugars	3.5g	19.1g
Fibre	0.8g	4.6g
Fat	7.9g	43.3g
of which saturated	2.3g	12.7g
Sodium	167mg	918mg

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 Chunks
5ml	10ml	NOMU BBQ Rub
250g	500g	Baby Potatoes <i>rinse & cut in half</i>
15ml	30ml	Richard Bosman's BBQ Sauce
50g	100g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Creamy Mayo <i>(30ml [60ml] Mayo & 20ml [40ml] Low Fat Plain Yoghurt)</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</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, 2-3 minutes (shifting occasionally). In the final 30-60 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 $\frac{3}{4}$ of the parsley, the potatoes, and some seasoning.

5. DINNER IS READY Make a bed of the salad leaves and top with the creamy warm potato salad. Serve alongside the BBQ cheddar ostrich. Garnish with a sprinkle of the remaining parsley. Well done, Chef!