



# UCCOOK

## Tangy Lemon Mash & Ostrich

with a charred corn salad

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	436kJ	2064kJ
Energy	104kcal	494kcal
Protein	8.1g	38.1g
Carbs	11g	51g
of which sugars	1g	4.7g
Fibre	2g	9.6g
Fat	3.2g	15g
of which saturated	0.8g	4g
Sodium	51mg	242mg

**Allergens:** Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
10ml	20ml	Lemon Juice
40g	80g	Corn
150g	300g	Free-range Ostrich Strips
5ml	10ml	NOMU One For All Rub
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. LEMONY MASH** Place the potato in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice, and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. SWEET CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. BUTTERY OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season.

**4. ASSEMBLE THE SALAD** In a bowl, combine the green leaves, the cucumber, the corn, a drizzle of olive oil, and seasoning.

**5. O-YUM DINNER** Dish up the lemony mash. Side with the ostrich, and the charred corn salad. Enjoy, Chef!