



UCCOOK

Ostrich & BBQ Sweet Potatoes

with a sun-dried tomato salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	609kJ	3874kJ
Energy	146kcal	927kcal
Protein	6.5g	41.5g
Carbs	8g	53g
of which sugars	4g	25.1g
Fibre	1.5g	9.8g
Fat	9.6g	61.3g
of which saturated	1.5g	9.5g
Sodium	166mg	1056mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10ml	20ml	NOMU BBQ Rub
10ml	20ml	White Wine Vinegar
100g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
15g	30g	Pecan Nuts <i>roughly chop</i>
160g	320g	Free-range Ostrich Steak
50ml	100ml	Hellmann's Original Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. READY TO ROAST? Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the oven until cooked through and crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PICKLE & SALAD In a bowl, combine the vinegar, 1 [2] tbsp of water, seasoning, and a sweetener (to taste). Mix until the sweetener is dissolved. Toss through the cucumber and set aside. Just before serving, discard the pickling liquid and add the salad leaves, the sun-dried tomatoes, a drizzle of olive oil, and seasoning to the bowl with the cucumber. Toss until combined.

3. YOU CAN WITH PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned and cooked to your preference, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SERVE UP! Plate up the roasted wedges and side with the ostrich slices and the fresh salad. Garnish with the pecans. Serve the mayo on the side for dunking. Tuck in, Chef!