



QCOOK

Smoky Ostrich Steak & Avo Pesto

with charred corn & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank Cabernet Sauvignon Merlot

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 533kj | 3475kj |
| Energy | 127kcal | 831kcal |
| Protein | 8.1g | 52.6g |
| Carbs | 9g | 59g |
| of which sugars | 1.8g | 11.7g |
| Fibre | 3.6g | 23.6g |
| Fat | 7.2g | 46.7g |
| of which saturated | 1.6g | 10.5g |
| Sodium | 102.4mg | 668mg |

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 1 | 1 | Avocado <i>cut in half ½ [1]</i> |
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 1 | 1 | Spring Onion <i>rinse & roughly slice</i> |
| 5g | 10g | Pistachio Nuts <i>roughly chop</i> |
| 50g | 100g | Corn |
| 160g | 320g | Free-range Ostrich Steak |
| 2,5ml | 5ml | Smoked Paprika |
| 15ml | 30ml | Lemon Juice |
| 120g | 240g | Black Beans <i>drain & rinse</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. AVO PESTO In a bowl, combine the avocado, the feta, the spring onion (to taste), the pistachios, a splash of water, and seasoning. Mix with a fork until combined.

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

3. OSTRICH Return the 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 smoked paprika. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. TIME TO EAT In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the beans, the charred corn, the salad leaves, the peppers, and seasoning. Bowl up the salad, top with the steak slices, and dollop over the avo pesto. Garnish with any remaining spring onion. Well done, Chef!