



UCOOK

Ostrich & Golden Hashbrowns

with sour cream & a green leaf salad

This one is fresh, crunchy, earthy, and just simply fabulous. Perfectly crispy hashbrowns are served with sour cream & accompanied by free-range ostrich rump slices. Served with a peppery radish salad dotted with sweet dried cranberries & pumpkin seeds. Delish!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Deetlefs Wine Estate | Deetlefs Estate Pinotage

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Ingredients & Prep

200g	Potato <i>peel</i>
1	Onion <i>peel & finely dice ¼</i>
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Chives <i>rinse & finely slice</i>
35ml	Flour Mix <i>(15ml Self-raising Flour & 20ml Cornflour)</i>
160g	Free-range Ostrich Steak
80g	Green Beans <i>rinse, trim & cut in half</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
15g	Cranberry & Seed Mix <i>(7,5g Pumpkin Seeds & 7,5g Dried Cranberries)</i>
30ml	Sour Cream
1	Lemon <i>rinse & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Tea Towel

1. HASHY UP & PREP Using the bigger holes on a grater, grate the peeled potato and place in a bowl of water. Set aside.

2. GIVE IT A SQUEEZE Place the grated potatoes on a clean tea towel and squeeze out the excess water. Place in a bowl. Add the diced onion, the grated garlic, ½ the sliced chives, the flour mix, and seasoning. Mix until combined. Shape into 2-3 mini hashbrowns.

3. CRISP & BROWN Place a pan over medium heat with enough oil to cover the base. When hot, fry the hashbrowns until crispy and golden, 3-4 minutes per side (turning as they colour). Remove from the pan and drain on paper towel. Cover to keep warm.

4. SIZZLING STEAK 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. CHARRED BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

6. GET DRESSED In a bowl, combine the rinsed salad leaves, the charred green beans, the cranberry & seed mix, seasoning, and a drizzle of oil. In a small bowl, combine the sour cream with the juice from 1 lemon wedge and some seasoning.

7. WHAT A NIGHT Plate up the golden hashbrowns and side with the zingy sour cream for dunking. Serve with the salad and the steak slices. Garnish with the remaining chives and lemon wedges alongside. Lovely, Chef!

Nutritional Information

Per 100g

Energy	326kJ
Energy	78kcal
Protein	5.3g
Carbs	11g
of which sugars	2.4g
Fibre	2.1g
Fat	1.5g
of which saturated	0.6g
Sodium	13mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days