



# UCOOK

## Ostrich Steak & Potato Foil

with cucumber, tomato & Kalamata olives

Tender juicy steak with an Italian garlicky flavour, served with delicious potatoes and carrots. The veg is all cooked to perfection with cayenne pepper inside a foil packet. Did we mention you can make these in the oven or on a braai? The perfect dinner the whole family will love, and perfect no matter the time of the year.

---

**Hands-On Time:** 40 minutes

**Overall Time:** 55 minutes

---

**Serves:** 3 People

---

**Chef:** Megan Bure

---

 Easy Peasy

---

 Warwick Wine Estate | First Lady Pinotage

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

600g	Potato <i>rinsed &amp; cut into bite-sized chunks</i>
360g	Carrot <i>peeled, trimmed &amp; cut into bite-sized chunks</i>
300g	Baby Tomatoes
2	Red Onions <i>1½ peeled &amp; cut into wedges</i>
7,5ml	Cayenne Pepper
150g	Cucumber <i>finely diced</i>
60g	Pitted Kalamata Olives <i>drained &amp; halved</i>
2	Lemons <i>1½ cut into wedges</i>
480g	Free-range Ostrich Steak
3	Garlic Cloves <i>peeled &amp; grated</i>
30ml	NOMU Italian Rub
90g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. FOIL IT UP** Preheat the oven to 200°C. Place the potato chunks, carrot chunks, ½ the baby tomatoes and the onion wedges in a piece of tinfoil, coat in oil, the cayenne pepper (to taste) and seasoning. Wrap the foil tightly around the veg. Fold the edges over to create a tight seal. Roast in the hot oven for 35-40 minutes. At the halfway mark, open the foil packs and allow the veg to brown for the remaining cooking time. On completion, the veg should be browned and cooked through.

**2. SALAD TIME** Halve the remaining baby tomatoes. Place the diced cucumber, the halved tomatoes and ½ the halved olives in a bowl with a drizzle of oil, a squeeze of lemon juice and some seasoning. Toss until fully combined.

**3. JUICY STEAK** Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, baste the steaks with a knob of butter (optional), the grated garlic and the rub. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. EAT UP!** Serve the juicy steak slices next to the roasted veg. Pile up the cucumber and tomato salad on the side and garnish with the remaining halved olives and a lemon wedge. Crumble over the feta and dig in!



## Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the foil packs over the hot coals instead of in the oven?

## Nutritional Information

Per 100g

Energy	322kj
Energy	77Kcal
Protein	6.1g
Carbs	8g
of which sugars	2.1g
Fibre	1.8g
Fat	2.2g
of which saturated	0.9g
Sodium	131mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days