



# UCOOK

## Hoisin Ostrich Rump

with seasonal greens & sweet potato

Get your Chef's hat on and prepare your palate for something new, because today we're making Cantonese-inspired cuisine with a South African twist. Hoisin-marinated ostrich rump slices accompany roasted sweet potato pieces, a baby marrow & onion medley, and is finished with toasted sunflower seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterford Estate | Waterford The Library  
Collection Edition: I-Tie 2017

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## Ingredients & Prep

|      |  |
|------|--|
| 250g | Sweet Potato<br><i>rinsed &amp; cut into bite-sized pieces</i>         |
| 30ml | Asian Sauce<br><i>(5ml Sesame Oil &amp; 25ml Hoisin Sauce)</i>         |
| 1    | Fresh Chilli<br><i>deseeded &amp; finely chopped</i>                   |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                             |
| 10g  | Fresh Ginger<br><i>peeled &amp; grated</i>                             |
| 160g | Free-range Ostrich Rump  |
| 10g  | Sunflower Seeds  |
| 1    | Onion<br><i>½ peeled &amp; cut into wedges</i>                         |
| 150g | Baby Marrow<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i> |
| 20g  | Green Leaves<br><i>rinsed</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. GET READY TO ROAST** Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

**2. MARINATION STATION** In a bowl, combine the Asian sauce, the chopped chilli (to taste), the grated garlic, the grated ginger, and 15ml of water. Add the rump to the marinade, coat well and set aside.

**3. THE SUNNY SIDE OF THE SEED** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

**4. GORGEOUS GREENS** Return the pan to the heat with a drizzle of oil. When hot, add the onion wedges and fry for 3-4 minutes, shifting occasionally. Add the baby marrow chunks. Fry for 3-4 minutes until the baby marrow has slightly softened, shifting occasionally. Remove from the heat and cover to keep warm.

**5. SIZZLIN' STEAKS** Place a pan or griddle pan over medium-high heat with a drizzle of oil. Remove the rump from the marinade, reserving the marinade in the bowl. When the pan is hot, fry the rump for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). Remove from the pan and rest for 5 minutes before slicing and lightly seasoning.

**6. MARINATED MARROWS** Add the reserved marinade to the baby marrow and onions. Return the pan to a medium heat and fry for 1-2 minutes or until heated through. Season to taste (be careful - the marinade is salty).

**7. TIME TO EAT!** Serve the juicy rump slices. Make a bed of the rinsed green leaves and top with the flavoursome baby marrow & onion. Side with the roast sweet potato. Pour over any pan juices and sprinkle over the toasted sunflower seeds. Dig in!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 377kJ  |
| Energy             | 90kcal |
| Protein            | 6.1g   |
| Carbs              | 10g    |
| of which sugars    | 5.4g   |
| Fibre              | 1.4g   |
| Fat                | 2.3g   |
| of which saturated | 0.5g   |
| Sodium             | 153mg  |

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within  
4 Days