



UCOOK

Waterford's Ostrich & Watermelon Salad

with a creamy mayo and mint potato salad

This salad is summer in a bowl! Juicy watermelon cubes, feta, sliced red onion and fresh mint. Served with succulent ostrich slices, a creamy mayo and mint potato salad, and fresh green leaves.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Waterford Estate

 Adventurous Foodie

 Waterford Estate | Waterford MCC

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Ingredients & Prep

750g	Baby Potatoes <i>rinsed & halved</i>
45ml	Red Wine Vinegar
1	Red Onion <i>¾ peeled & finely sliced</i>
480g	Free-range Ostrich Steak
22,5ml	NOMU Beef Rub
150ml	Creamy Mayo <i>(75ml that Mayo (Original) & 75ml Low Fat Plain Yoghurt)</i>
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
60g	Green Leaves <i>rinsed</i>
150g	Cucumber <i>roughly diced</i>
300g	Watermelon <i>cut into bite-sized pieces</i>
150g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. BUBBLING AWAY Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to a boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and set aside.

2. PICKLE MOMENT In a bowl, combine ½ the red wine vinegar, 60ml of water, 1½ tsp of a sweetener of choice and a pinch of salt. Mix until the sweetener has fully dissolved. Add the sliced red onion and toss until fully coated. Set aside to pickle.

3. SUMPTUOUS STEAK Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 3-4 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, use a knob of butter and the rub to baste the steak. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

4. FINISHING TOUCHES In a bowl, add the cooked baby potatoes, the creamy mayo, ½ the chopped mint, seasoning, and the remaining vinegar. Toss until fully combined. In a salad bowl, add the onions with some of the pickling liquid (to taste), along with 5ml of olive oil, and some seasoning. Mix until fully combined. Add the rinsed green leaves, the diced cucumber, and seasoning. Toss until fully coated.

5. PLATE IT UP Plate up the dressed leaves and cucumber. Top with the watermelon pieces, the remaining mint leaves and the drained feta. Serve alongside the steak slices and the potato salad. Tuck in!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	359kj
Energy	86kcal
Protein	7.2g
Carbs	10g
of which sugars	2.9g
Fibre	1.1g
Fat	3.8g
of which saturated	1.8g
Sodium	151mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 2
Days