



UCOOK

Truffle Butter & Ostrich Fillet

with braised leeks & green beans

Perfectly tender ostrich fillet is basted in a decadent truffle butter. Paired with golden, oven-roasted potato wedges and a medley of braised leeks & green beans garnished with toasted almonds. Simply stunning!

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

Adventurous Foodie

Strandveld | Grenache

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Ingredients & Prep

| | |
|------|---------------------------------------------------------------|
| 800g | Potato <i>rinse & cut into wedges</i> |
| 20ml | NOMU Provençal Rub |
| 10ml | Truffle Oil |
| 60g | Almonds |
| 400g | Leeks <i>trim at the base & cut in half lengthways</i> |
| 600g | Green Beans <i>rinse & trim</i> |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 600g | Free-range Ostrich Fillet |

From Your Kitchen

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

1. ROAST WEDGES Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. TRUFFLE & TOAST In a bowl, combine 40g of butter with the truffle oil and set aside. Place the almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY THE GREENS Rinse and finely slice the halved leeks. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and the halved green beans until charred, 6-7 minutes (shifting occasionally). Add a splash of water and cover. Simmer until the water has evaporated, 3-4 minutes. In the final 1-2 minutes, toss in a knob of butter and the grated garlic. Remove from the pan, season, and cover.

4. ON TO THE OSTRICH Return the pan to 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 the truffle butter. Remove from the pan, wrap up in tinfoil with all the pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

5. TIME TO DINE! Plate up the golden wedges, and side with the braised green veggies and the fillet slices. Finish with a drizzle of all the juices from the steak and sprinkle over the toasted almonds. Easy, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 383kj |
| Energy | 92kcal |
| Protein | 7.2g |
| Carbs | 11g |
| of which sugars | 2.1g |
| Fibre | 2.3g |
| Fat | 2.4g |
| of which saturated | 0.4g |
| Sodium | 29mg |

Allergens

Cow's Milk, Allium, Tree Nuts

Eat
Within
5 Days