



UCOOK

Ostrich Fillet & Pepper Sauce

with Danish-style feta & a fresh green salad

There's nothing quite like a sizzling, flavoursome ostrich fillet with a crème fraîche & black peppercorn sauce to end your day on a high note. This timeless classic is served with silky mashed potato and a leafy feta salad, all topped with toasted almonds.

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Fan Faves

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chop</i>
5ml	Beef Stock
1	Garlic Clove <i>peel & grate</i>
5ml	Crushed Black Peppercorns
50ml	Crème Fraîche
150g	Free-range Ostrich Fillet
10ml	NOMU Italian Rub
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly dice</i>
30g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. MAKE THE MASH Boil the kettle. Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY SAUCE Dilute the stock with 100ml of boiling water. Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). When hot, sauté the grated garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 3-4 minutes. Remove from the heat and whisk in the crème fraîche.

4. SEAR THE STEAK Place a clean 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. SIDE SALAD In a salad bowl, toss together the shredded leaves, the diced cucumber, ½ the crumbled feta, ½ the toasted nuts, a drizzle of olive oil, and seasoning. Set aside.

6. DINNER = SERVED Plate up the creamy mash and side with the steak slices. Drizzle the peppercorn sauce over the steak. Serve the dressed salad on the side and scatter over the remaining feta. Garnish it all with the remaining nuts.

Nutritional Information

Per 100g

Energy	687kJ
Energy	164kcal
Protein	8.7g
Carbs	9g
of which sugars	1.7g
Fibre	1.9g
Fat	10.3g
of which saturated	5.7g
Sodium	151mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days