



UCOOK

Classic Ostrich & Creamed Spinach

with buttery potato mash & sunflower seeds

This timeless dish features buttery potato mash, tender ostrich fillet slices, and creamy spinach. Topped with toasted sunflower seeds for a pop of crunch. Quick & satisfying - it's sure to be a hit!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

600g	Potato <i>rinse, peel & cut into small bite-sized pieces</i>
30g	Sunflower Seeds
2	Onions <i>peel & roughly slice 1½</i>
2	Garlic Cloves <i>peel & grate</i>
300g	Spinach <i>rinse & roughly shred</i>
125ml	Cake Flour
300ml	Low Fat UHT Milk
450g	Free-range Ostrich Fillet
30ml	NOMU Provençal Rub

From Your Kitchen

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

1. MASHED POTATOES Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 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. TOASTED SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SPINACH Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 5-6 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded spinach and cook until wilted, 3-4 minutes. Remove from the pan.

4. CREAMY SPINACH Return the pan to medium heat with 30g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the wilted spinach and a splash of water. Simmer until thick, 2-3 minutes. Loosen with a splash of warm water if it's too thick. Remove from the heat and season.

5. SIZZLING OSTRICH Place a 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 minute, baste with a knob of butter and the NOMU rub. Set aside to rest for 5 minutes before slicing and seasoning.

6. DINNER IS SERVED Serve the mash alongside the creamed spinach and the ostrich slices. Sprinkle over the toasted sunflower seeds. Great job, Chef!

Nutritional Information

Per 100g

Energy	370kJ
Energy	88kcal
Protein	7.1g
Carbs	10g
of which sugars	2.3g
Fibre	1.8g
Fat	2.1g
of which saturated	0.6g
Sodium	209mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within
4 Days