

QCOOK

Tangy Lemon Mash & Ostrich

with a charred corn salad

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	350kj	1690kj
Energy	84kcal	404kcal
Protein	8.5g	41g
Carbs	10g	48g
of which sugars	1.3g	6.4g
Fibre	1.5g	7g
Fat	1.2g	5.8g
of which saturated	0.4g	1.7g
Sodium	41mg	199mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
30ml	40ml	Lemon Juice
120g	160g	Corn
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU One For All Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Milk (optional)

Paper Towel

Butter

- 1. LEMONY MASH** Place the potato in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice, and a splash of water or milk (optional). Mash with a fork, season, and cover.
- 2. SWEET CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. BUTTERY 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 a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.
- 4. ASSEMBLE THE SALAD** In a bowl, combine the salad leaves, the cucumber, the corn, a drizzle of olive oil, and seasoning.
- 5. O-YUM DINNER** Dish up the lemony mash. Side with the ostrich, and the charred corn salad. Enjoy, Chef!