



UCCOOK

Ostrich Steak & Lemon Mash

with a charred corn salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	368kJ	1772kJ
Energy	88kcal	424kcal
Protein	8.6g	41.4g
Carbs	10g	50g
of which sugars	1.3g	6.5g
Fibre	2g	9.6g
Fat	1.4g	6.9g
of which saturated	0.5g	2.3g
Sodium	35mg	170mg

Allergens: Cow's Milk

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10ml	20ml	Lemon Juice
40g	80g	Corn
160g	320g	Ostrich Steak
5ml	10ml	NOMU Provençal Rub
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Milk (optional)

Paper Towel

Butter

Seasoning (salt & pepper)

1. LEMONY MASH Place the potato pieces in a pot of salted water. Boil and cook 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, 3-4 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. 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 green leaves, the cucumber half-moons, the charred corn, a drizzle of olive oil, and seasoning.

5. O-YUM DINNER Dish up the lemony mash. Side with the ostrich slices, and the charred corn salad. Enjoy, Chef!