



UCOOK

Ostrich & BBQ Sweet Potatoes

with garlic That Mayo & a sun-dried tomato salad

On the menu tonight for dinner is juicy, butter-basted ostrich steak and a tangy sun-dried tomato salad with refreshing cucumber, greens & radish rounds. A side of barbeque-spiced sweet potatoes completes a mouth-watering dinner plate. Finished with a scattering of toasted pecan nuts.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Fan Faves

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into wedges</i>
30ml	NOMU BBQ Rub
30ml	White Wine Vinegar
300g	Cucumber <i>rinsed & cut into thin matchsticks</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>
90g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
45g	Pecan Nuts <i>roughly chopped</i>
480g	Free-range Ostrich Steak
90ml	That Mayo (Garlic)

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. READY TO ROAST? Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the oven until cooked through and crispy, 35-40 minutes (shifting halfway).

2. PICKLE & SALAD In a bowl, combine the vinegar, 3 tbsp of water, seasoning, and a sweetener. Mix until the sweetener is dissolved. Toss through the cucumber matchsticks and set aside. Just before serving, discard the pickling liquid and add the rinsed salad leaves, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning to the bowl with the cucumber. Toss until combined.

3. YOU CAN WITH PECANS Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned and cooked to your preference, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SERVE UP! Plate up the roasted wedges, the ostrich slices, and the fresh salad. Scatter over the toasted pecans. Serve the mayo on the side for dunking. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	501kJ
Energy	120kcal
Protein	6.9g
Carbs	11g
of which sugars	4.5g
Fibre	1.9g
Fat	4.9g
of which saturated	1g
Sodium	139mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days