



UCOOK

Ostrich Rump & Garlic Sauce

with roasted carrots & onion

If you have a recipe for a great tasting garlic sauce, Chef, it's possible to make any plate of food a memorable meal. In this recipe, you will pour a homemade garlic-infused bechamel sauce over butter-basted ostrich slices. Sided with a veggie medley of carrots & onion for a complete and satisfying dinner.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save



Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
1	Onion <i>peel & cut into wedges</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Cake Flour
100ml	Low Fat UHT Milk
160g	Ostrich Steak
3g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

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

1. TIME FOR CARROT-E Preheat the oven to 200°C. Spread the carrot wedges and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

2. GARLIC BECHAMEL Place a pan over medium heat with 40g of butter. Once melted, vigorously whisk in the grated garlic and the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of hot water. Remove from the heat and season.

3. BUTTERY 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 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. LAST STEP? ENJOY! Plate up the sliced ostrich and top with the garlic sauce. Serve with the roasted veggies and garnish with the chopped parsley. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the carrot & onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	284kj
Energy	68kcal
Protein	6.9g
Carbs	7g
of which sugars	3.6g
Fibre	1.4g
Fat	1.4g
of which saturated	0.6g
Sodium	31mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
4 Days