



UCCOOK

French Ostrich Au Poivre

with lyonnaise potatoes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Flight Centre

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	371kJ	2834kJ
Energy	89kcal	678kcal
Protein	5.8g	44.2g
Carbs	8g	61g
of which sugars	2g	15.1g
Fibre	1.5g	11.2g
Fat	3.6g	27.6g
of which saturated	1.6g	12.6g
Sodium	84mg	640mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into 1cm thick rounds</i>
10g	20g	Sunflower Seeds
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
2,5ml	5ml	Crushed Black Peppercorns
5ml	10ml	Beef Stock
50ml	100ml	Fresh Cream
150g	300g	Free-range Ostrich Fillet
7.5ml	15ml	NOMU Roast Rub
10ml	20ml	White Balsamic Vinegar
10g	20g	Fresh Basil <i>rinse & pick</i>
100g	200g	Cucumber <i>rinse & cut into bite-sized pieces on the diagonal</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. PERFECT POTATO Place the potato in a pot of salted water. Bring to a boil and cook until soft, 3-4 minutes. Drain, season, and cover.

2. ON THE SUNNY SIDE OF THE SEED 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. Return the pan to medium-high heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final minute, add a sweetener (to taste) and seasoning. Remove from the pan and set aside.

3. LOVELY LYONNAISE Once the potatoes are cooked, return a pan to medium heat with a drizzle of oil and knob of butter. When hot, add ½ the boiled potatoes and ½ the onion. Fry for 4-5 minutes (shifting occasionally). Add the remaining potato and onion, another drizzle of oil, and another knob of butter. Lower the heat and fry until all the onions are golden and all the potatoes are starting to crisp, 5-10 minutes. Remove from heat, season and cover to keep warm.

4. PEPPER SAUCE Place a pan over medium heat with a knob of butter. Once melted, stir in the peppercorns, the beef stock, and 50ml [100ml] of water. Simmer until the sauce is almost evaporated. Stir in the cream and simmer until the sauce has thickened slightly, 6-8 minutes. Remove from the heat and cover to keep warm.

5. O-YUM 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. GREEN & RED SALAD In a bowl, combine the vinegar and a generous drizzle of olive oil. Add the basil, the cucumber, the sunflower seeds, the baby tomatoes and seasoning.

7. FOOD'S READY! Plate up the basted fillet and serve with a delicious helping of lyonnaise potatoes. Serve with the salad and the pepper sauce on the side. Perfection, Chef!