



# UCOOK

## Ostrich Fillet & Herby Butter

with a fresh Greek-style salad

Succulent ostrich fillet slices are drizzled with a decadent herby butter loaded with garlic, thyme, and parsley. It is sided with a fresh Greek-style salad loaded with tomatoes, cucumber, sourdough croutons and salty feta. So succulent, so delicious, so easy!

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**Hands-On Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Boschendal | 1685 Merlot

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## Ingredients & Prep

2	Sourdough Baguettes <i>cut into bite-sized chunks</i>
600g	Free-range Ostrich Fillet
20ml	Dried Thyme
4	Garlic Cloves <i>peeled &amp; grated</i>
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
400g	Cucumber <i>cut into bite-sized chunks</i>
4	Tomatoes <i>cut into bite-sized chunks</i>
100g	Pitted Kalamata Olives <i>drained &amp; cut in half</i>
160g	Danish-style Feta <i>drained</i>
2	Green Bell Peppers <i>rinsed, deseeded &amp; cut into bite-sized pieces</i>
40ml	Red Wine Vinegar

## From Your Kitchen

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

**1. CRISPY CROUTONS** In a bowl, combine 2 tbsp of oil and some seasoning. Add the baguette chunks and toss until fully coated. Place a pan over a medium heat and add the baguette chunks. Brown for 3-5 minutes until golden and crispy, shifting as they colour. Remove from the pan on completion.

**2. OSTRICH MOMENT** Return the pan to a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference (this time frame will yield a medium-rare result.) Remove from the pan, reserving any pan juices, and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**3. HERBY BUTTER** Return the pan, with the pan juices, to a medium-high heat with 120g of butter. Once melted, remove from the heat and add the dried thyme, the grated garlic (to taste), and ½ the chopped parsley.

**4. TOSS TOGETHER** In a salad bowl, combine the cucumber chunks, tomato chunks, halved olives, drained feta, pepper pieces, sourdough croutons, vinegar, a drizzle of oil, and some seasoning.

**5. DINNER IS AT (OSTRICH) STAKE!** Plate up the juice ostrich slices and drizzle over the herby butter. Side with the fresh Greek-style salad and sprinkle over the remaining parsley. Beautiful work, Chef!

## Nutritional Information

Per 100g

Energy	418kJ
Energy	100Kcal
Protein	7.4g
Carbs	11g
of which sugars	2.4g
Fibre	1.2g
Fat	2.9g
of which saturated	1.3g
Sodium	193mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within  
4 Days