



U&COOK

BBQ Glazed Ostrich Strips

with roasted baby potatoes & a fresh salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Zeven Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	419kJ	2530kJ
Energy	100kcal	605kcal
Protein	6.4g	38.8g
Carbs	10.9g	65.6g
of which sugars	4.1g	24.6g
Fibre	1g	6.2g
Fat	2.7g	16.6g
of which saturated	0.6g	3.8g
Sodium	86mg	520mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse & halve</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
30g	40g	Pumpkin & Sunflower Seed Mix
450g	600g	Free-range Ostrich Strips
90ml	125ml	Richard Bosman's BBQ Sauce

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Sugar/Sweetener/Honey

Paper Towel

1. BEGIN WITH BABY POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. SIMPLE DRESSED SALAD In a bowl, combine the tomato, cucumber, ½ the parsley, a drizzle of olive oil, a sweetener, a splash of water, and seasoning. Set aside.

3. SUNNY SEEDS Place the seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. BBQ OSTRICH 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, 1-2 minutes (shifting occasionally). In the final 30 seconds, baste with the BBQ sauce. Remove from the pan, reserving any pan juices, and season.

5. DONE ALREADY? Plate up the roasted potatoes and the BBQ ostrich drizzled with any remaining pan juices. Serve the cucumber and tomato salad on the side. Garnish it all with the remaining parsley and the seed mix.