



# UCOOK

## Waterford's Ostrich & Watermelon Salad

with a creamy mayo and mint potato salad

This salad is summer in a bowl! Juicy watermelon cubes, feta, sliced red onion and fresh mint. Served with succulent ostrich slices, a creamy mayo and mint potato salad, and fresh green leaves.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 4 People

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**Chef:** Waterford Estate

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 Adventurous Foodie

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 Waterford Estate | Waterford MCC

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## Ingredients & Prep

1kg	Baby Potatoes <i>rinsed &amp; halved</i>
60ml	Red Wine Vinegar
1	Red Onion <i>peeled &amp; finely sliced</i>
640g	Free-range Ostrich Steak
30ml	NOMU Beef Rub
200ml	Creamy Mayo <i>(100ml That Mayo (Original) &amp; 100ml Low Fat Plain Yoghurt)</i>
15g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
80g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>roughly diced</i>
400g	Watermelon <i>cut into bite-sized pieces</i>
200g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. BUBBLING AWAY** Place the halved baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to a boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat on completion, drain, and set aside.

**2. PICKLE MOMENT** In a bowl, combine ½ the red wine vinegar, 80ml of water, 1 tbsp of a sweetener of choice and a pinch of salt. Mix until the sweetener has fully dissolved. Add the sliced red onion and toss until fully coated. Set aside to pickle.

**3. SUMPTUOUS STEAK** Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 3-4 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, use a knob of butter and the rub to baste the steak. Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

**4. FINISHING TOUCHES** In a bowl, add the cooked baby potatoes, the creamy mayo, ½ the chopped mint, seasoning, and the remaining vinegar. Toss until fully combined. In a salad bowl, add the onions with some of the pickling liquid (to taste), along with 5ml of olive oil, and some seasoning. Mix until fully combined. Add the rinsed green leaves, the diced cucumber, and seasoning. Toss until fully coated.

**5. PLATE IT UP** Plate up the dressed leaves and cucumber. Top with the watermelon pieces, the remaining mint leaves and the drained feta. Serve alongside the steak slices and the potato salad. Tuck in!



## Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

## Nutritional Information

Per 100g

Energy	359kj
Energy	86kcal
Protein	7.2g
Carbs	10g
of which sugars	2.9g
Fibre	1.1g
Fat	3.8g
of which saturated	1.8g
Sodium	151mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 2  
Days