



QCOOK

Sesame-crusted Ostrich

with gochujang sweet potato wedges

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	568kj	3843kj
Energy	136kcal	919kcal
Protein	6.6g	44.6g
Carbs	9g	61g
of which sugars	3.9g	26.6g
Fibre	1.5g	10.2g
Fat	7.3g	49.1g
of which saturated	0.5g	3.4g
Sodium	197mg	1335mg

Allergens: Sulphites, Shellfish, Egg, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Cow's Milk, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
10ml	20ml	Lemon Juice
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
50g	100g	Edamame Beans
25ml	50ml	Tonkatsu Sauce <i>(10ml [20ml] Oyster Sauce, 10ml [20ml] Tomato Sauce & 5ml [10ml] Worcestershire Sauce)</i>
15ml	30ml	Mixed Sesame Seeds
10ml	20ml	Gochujang
150g	300g	Free-range Ostrich Fillet
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50ml	100ml	Kewpie Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

Butter

1. CRISPY WEDGES Boil the kettle. Preheat the oven to 200°C. Spread the sweet potato 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. PICKLED CUCUMBER & PLUMP BEANS In a bowl, add the lemon juice (to taste), 1 [2] tbs water, seasoning, and a sweetener (to taste). Mix until the sweetener is fully dissolved. Add the cucumber, toss until fully combined, and set aside. Submerge the beans in boiling water for 2-3 minutes until plump and heated through. Drain on completion and set aside.

3. SAUCES & SESAME SEEDS In a bowl, combine the tonkatsu sauce, seasoning, and 1 [2] tsp of a sweetener. Set aside. Place the mixed sesame seeds in a shallow dish or plate and set aside. Loosen the gochujang with a drizzle of oil.

4. FANCY OSTRICH STEAK 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. Roll the ostrich through the sesame seeds until well coated. Gently slice and season.

5. GO GO GOCHUJANG When the potato wedges have 10 minutes remaining, remove the tray from the oven and coat the potato wedges in the gochujang paste – use it to taste, it's spicy! Return to the oven for the remaining roasting time until cooked through and crisping up. Drain the pickling liquid from the cucumber and toss with the beans, and the salad leaves.

6. KOREAN-JAPANESE FUSION FEAST Plate up the spicy potato wedges and side with the sesame ostrich. Drizzle the tonkatsu sauce over the ostrich. Serve the pickled cucumber salad on the side. Sprinkle over any remaining sesame seeds, and side with the mayo for dipping. Wow, Chef!