



UCOOK

Tangy Sweet Chilli Ostrich

with a creamy guacamole salad

Get ready for a taste sensation, Chef! On a bed of carrot ribbons & fresh green leaves lie caramelised onions & charred bell peppers sided with perfectly pan-fried ostrich steak slices. All drizzled with a sweet chilli mayo and sprinkled with toasted sesame seeds & peanuts. Garnished with fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Painted Wolf Wines | The Pack Blacktip
Mourvèdre 2020

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Ingredients & Prep

15ml	Mixed Nuts & Seeds <i>(2,5ml White Sesame Seeds, 2,5ml Black Sesame Seeds & 10g Peanuts)</i>
1	Onion <i>peel & roughly slice</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
50ml	Sweet Chilli Mayo <i>(30ml Mayo & 20ml Carb Smart Sweet Chilli Sauce)</i>
1 unit	Guacamole
15ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
160g	Free-range Ostrich Steak
7,5ml	NOMU Oriental Rub

From Your Kitchen

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

1. TOASTY & NUTTY Roughly chop the nut & seed mix. Place in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ONIONS & PEPS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. In the final 5 minutes, add the pepper pieces and fry until charred. Remove from the pan, season, and set aside.

3. MAKE THE SAUCES Loosen the sweet chilli mayo with a splash of water. In a separate bowl, combine the guacamole, the lemon juice (to taste), ½ the chopped coriander, and seasoning. Set both sauces aside.

4. QUAC SALAD To a salad bowl, add the shredded leaves. Mix through the carrot ribbons, ½ the toasted seeds & nuts, and the tangy guacamole. Set aside.

5. FRY THE 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 and the NOMU rub. Remove from the pan, reserving any pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

6. TIME TO DINE Make a bed of the carrot ribbon salad. Top with the caramelised onions & charred peppers. Serve the ostrich slices alongside drizzled with any pan juices. Drizzle over the sweet chilli mayo and sprinkle over the remaining mixed nuts & seeds. Garnish with the remaining picked coriander. Delish, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90kcal
Protein	4.9g
Carbs	7g
of which sugars	2.7g
Fibre	2.5g
Fat	5.4g
of which saturated	0.4g
Sodium	123mg

Allergens

Allium, Sesame, Peanuts, Sulphites,
Sugar Alcohol (Xylitol), Soy, Cow's Milk

Eat
Within
4 Days