



UCOOK

BBQ Ostrich Strips

with roasted baby potatoes & a fresh salad

This recipe is perfect for those days where you don't want to complicate things in the kitchen (but still sit down to a delish dinner, of course). A side of oven roasted baby potatoes accompany butter-basted, BBQ-glazed ostrich strips, plus a dressed salad. Finished with fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Baby Potato <i>rinse & halve</i>
2	Tomatoes <i>rinse & roughly dice</i>
150g	Cucumber <i>rinse & roughly dice</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
450g	Ostrich Strips
90ml	BBQ Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
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).

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

3. BBQ OSTRICH Place a pan over 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). You may need to do this step in batches. In the final 30 seconds, baste with the BBQ sauce. Remove from the pan, reserving any pan juices, and season.

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



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.7g
Carbs	12g
of which sugars	4.7g
Fibre	0.8g
Fat	2.4g
of which saturated	0.6g
Sodium	105mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days