



# UCCOOK

## Nutritious Ostrich Steak

**with sweet potatoes, tomato salad & garlicky green beans**

A classic number; the sizzling ostrich steak, the crispy, low carb, sweet potato chunks, the zingy tomato and crunchy green salad accompaniment, the garlicky infused green beans, and a sprinkle of pecan nuts. Classic, nutritious and downright wholesome.

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**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Haute Cabrière | von Arnim Family Reserve

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## Ingredients & Prep

750g	Sweet Potato <i>peeled &amp; cut into bite-sized pieces</i>
240g	Baby Tomatoes <i>halved</i>
90ml	Pickling Liquid <i>(60ml Red Wine Vinegar &amp; 30ml Honey)</i>
45g	Pecan Nuts
240g	Green Beans <i>trimmed &amp; slice into thirds</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
60g	Salad Leaves <i>rinsed</i>
480g	Free-range Ostrich Steak
15ml	NOMU African Rub
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. SWEET N' CRISPY** Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. ZING & NUTS** Place the halved baby tomatoes into a bowl with the pickling liquid and seasoning. Toss to combine and set aside. Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. GARLICKY BEANS & SALADY THINGS** Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced green beans 5-6 minutes until lightly charred. In the final 1-2 minutes, add a knob of butter (optional) and the grated garlic. Season and remove from the heat. Cover to keep warm. Add the rinsed leaves to the bowl of tomatoes with 15ml of olive oil, season and toss to combine.

**4. PEPPERY STEAK** Return the pan, wiped down if necessary, with a drizzle of oil to a medium-high heat. Pat the ostrich steaks dry with some paper towel and season with some pepper. When the pan is hot, fry the steaks for 2-3 minutes per side. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes baste the steaks with African rub and oil or a knob of butter (optional). Remove from the pan on completion. Allow to rest for 5 minutes before thinly slicing and lightly seasoning with salt.

**5. SIMPLY SUMPTUOUS** Plate up the crispy sweet potato alongside the garlicky green beans and juicy steak slices. Serve the salad on the side. Garnish with chopped parsley and toasted pecan nuts. Brilliant Chef!



## Chef's Tip

To make sure your sweet potato chunks do get golden and crispy, spread them out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

## Nutritional Information

Per 100g

Energy	388kj
Energy	93Kcal
Protein	6.4g
Carbs	10g
of which sugars	5.1g
Fibre	1.8g
Fat	2.6g
of which saturated	0.4g
Sodium	62mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days