



UCOOK

Spicy Orange Ostrich Steak

with roasted garlic mash & sesame seeds

A spicy Sriracha & orange sauce is drizzled over juicy ostrich steak and served with roasted garlic sweet potato mash, tender edamame beans, and sautéed red cabbage. It is sided with sweet charred orange slices and sprinkled with sesame seeds for some subtle nuttiness and crunch! Trust us, try this dish!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

1	Garlic Head
250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
1	Orange <i>zested & ¼ sliced into rounds & ¼ cut into wedges</i>
25ml	Soy-vinegar <i>(15ml Low Sodium Soy Sauce & 10ml Rice Wine Vinegar)</i>
10ml	Sriracha
5g	Fresh Ginger <i>peeled & grated</i>
100g	Cabbage <i>finely sliced</i>
50g	Edamame Beans
160g	Free-range Ostrich Steak
5ml	Mixed Sesame Seeds

From Your Kitchen

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

1. FIN-GARLIC-ING GOOD! Preheat the oven to 200°C. Boil the kettle. Slice the top off the garlic head and coat in oil. Cover in tinfoil and pop in the hot oven. Roast for 30-35 minutes until soft.

2. SWEET POTATO Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and return the cooked sweet potato to the pot. Cover to keep warm.

3. MIX & FRY In a bowl, combine the orange zest, the soy-vinegar, the juice of 1 orange wedge, the Sriracha, 50ml of water, and the grated ginger. Set aside. When the garlic has 10 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and fry for 3-4 minutes until slightly softened, shifting occasionally. In the final minute, add the edamame beans. Remove from the pan, season, and cover to keep warm.

4. CHARRED CITRUS Return the pan to 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 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, baste the steak with a knob of butter (optional) and the spicy orange sauce. Remove the steak and orange sauce from the pan on completion and set aside. Allow the steak to rest for 5 minutes before slicing. Lightly season the slices. Return the pan, wiped down if necessary, to a medium-high heat. When hot, add the orange slices and a sweetener of choice (to taste) and fry for 2-3 minutes per side until charred.

5. GARLIC MASH When the garlic is done, squeeze out the flesh (to taste) from ½ the garlic head into the pot of cooked sweet potato. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until the desired consistency.

6. DINNER IS SERVED! Plate up the ostrich steak and drizzle over the spicy orange sauce. Side with the garlic mash, the sautéed cabbage & edamame, and the charred orange slices. Serve any remaining garlic and sauce on the side. Sprinkle over the sesame seeds. Beautiful work, Chef!



Chef's Tip

If you want to toast your sesame seeds, place in a pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

Nutritional Information

Per 100g

Energy	338kj
Energy	81Kcal
Protein	5.9g
Carbs	11g
of which sugars	4.9g
Fibre	1.9g
Fat	1.1g
of which saturated	0.2g
Sodium	1mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days