



UCOOK

Cajun Sweet Potato & Ostrich Steak

with creamy carrot & cranberry salad

Here's a tongue twister for you, Chef!
Cajun spices. Creamy cranberry salad. Carrot ribbons. With coriander & chipotle flakes! But don't worry - it will all be a taste sensation. Everything comes together to make the juicy ostrich steak sing with flavour while the roasted sweet potatoes shine.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
10ml	NOMU Cajun Rub
10g	Almonds <i>roughly chop</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
5g	Dried Cranberries <i>roughly chop</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
2,5ml	NOMU Chipotle Flakes
160g	Free-range Ostrich Steak
60ml	Creamy Mayo <i>(30ml Mayo & 30ml Sour Cream)</i>

From Your Kitchen

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

1. A SWEET DEAL Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. ALL OF THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. COMBINE TO MAKE IT SHINE In a bowl, combine the carrot ribbons, the rinsed leaves, ½ the chopped coriander, ½ the chopped cranberries, ½ the sliced spring onion, the chipotle flakes (to taste), and seasoning.

4. SEEK OUT THE STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich steak 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 before slicing and seasoning.

5. CAJUN CUISINE Plate up the cajun roasted sweet potato. Side with the ostrich slices and the loaded salad. Sprinkle over the remaining cranberries & spring onion, and the toasted almonds. Drizzle over the creamy mayo. Garnish with the remaining coriander & chipotle flakes. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato chunks in oil, the NOMU rub, and seasoning. Air fry at 200°C until golden, 15-25 minutes.

Nutritional Information

Per 100g

Energy	479kJ
Energy	115kcal
Protein	6.5g
Carbs	10g
of which sugars	4.5g
Fibre	2g
Fat	5g
of which saturated	0.9g
Sodium	136mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days