



# UCCOOK

## Blue Cheese Sauce & Ostrich Ciabattini

with caramelised onions

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Bertha Wines | Bertha Shiraz

### Nutritional Info

	Per 100g	Per Portion
Energy	628kJ	3922kJ
Energy	150kcal	938kcal
Protein	8.3g	51.9g
Carbs	14g	87g
of which sugars	4.8g	29.8g
Fibre	1.7g	10.9g
Fat	6.5g	40.6g
of which saturated	3.2g	19.8g
Sodium	157mg	983mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Soy

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel &amp; roughly slice</i>
150g	300g	Free-range Ostrich Fillet
1	1	Tomato <i>rinse &amp; cut ½ [1] into thin rounds</i>
50ml	100ml	Fresh Cream
20g	40g	Blue Cheese
1	2	Ciabattini Roll/s
20g	40g	Green Leaves <i>rinse</i>
1 unit	2 units	Rootstock Potato Crisps

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

**1. CARAMELISED ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**2. OSTRICH** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. 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 the meat from the pan and set it aside to rest for 5 minutes before slicing. Reserve the pan juices in the pan.

**3. CHEESE SAUCE** Return the pan to medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes. Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season.

**4. TOAST** Halve the bun/s, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

**5. TIME TO EAT** Top the bottom bun/s with the green leaves, sliced tomato, the caramelised onion, the ostrich, and drizzle over the blue cheese sauce. Cover with the top bun and serve alongside the crisps. Well done, Chef!