



UCOOK

Ostrich Steak & Truffle Potato

with cheese, a fresh salad & sunflower seeds

A classic pairing that satisfies every time! Succulent steak, served with truffled-cheese potato wedges and a fresh garden salad. Finished off with a scatter of toasted sunflower seeds.

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

200g	Potato <i>rinsed & sliced into thin wedges</i>
1	Plum Tomato <i>rinsed, thinly sliced & quartered</i>
15ml	Red Wine Vinegar
10g	Sunflower Seeds
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
160g	Free-range Ostrich Steak
5ml	NOMU Provençal Rub
10ml	Truffle Oil
15ml	Grated Italian-style Hard Cheese
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel
Sugar/Sweetener/Honey

1. CRISPY WEDGES Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. ZINGY TOMATOES & NUTS Place the tomato quarters in a bowl. Toss through the red wine vinegar, season with a pinch of salt, and set aside to pickle. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

3. CHARRED GREEN BEANS Return the pan to a medium heat with a drizzle of oil and a knob of butter. Fry the green beans for 3-4 minutes until charred and slightly soft, shifting occasionally. Remove on completion.

4. SIZZLING STEAK Return the pan to a medium heat with another drizzle of oil. Pat the ostrich steak dry with 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, use a knob of butter and the Provençal rub to baste the steaks. Remove from the pan on completion and allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. TRUFFLE & CHEESE Just before serving, place the roasted wedges in a big bowl. Add the truffle oil and Italian grated cheese and toss to combine. Drain the red wine vinegar from the tomatoes and place the drained vinegar in a salad bowl. Add 5ml of olive oil to the salad bowl and add a sweetener of choice. Whisk until fully combined. Add the rinsed green leaves, pickled tomatoes, charred green beans, and some seasoning. Toss until coated.

6. DINNER IS SERVED Plate up some crispy, flavour packed wedges alongside the sizzling steak and fresh garden salad. Garnish with a scatter of toasted sunflower seeds. Well done, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. This is called oxidation. When preparing your potatoes, place them in a bowl of water to prevent this from happening.

Nutritional Information

Per 100g

Energy	413kJ
Energy	99Kcal
Protein	7.5g
Carbs	8g
of which sugars	1.9g
Fibre	2.1g
Fat	4g
of which saturated	0.8g
Sodium	48mg

Allergens

Egg, Dairy, Sulphites

Cook
within
4 Days