



# UCOOK

## Ostrich Philly Cheese Steak

with fresh green leaves & **NOMU Coffee Rub**

Oozing cheese, succulent coffee-rubbed ostrich, caramelised onions, gherkins, and fresh green leaves, all crammed into That Mayo slathered garlic rolls. Sided with a charred corn & tomato salad - sounds like the perfect dinner to me!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Easy Peasy

---

 No paired wines

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly sliced</i>
50g	Corn
150g	Free-range Ostrich Goulash
5ml	NOMU Coffee Rub
50g	Grated Mozzarella & Cheddar Cheese Mix
1	Garlic Clove <i>peeled &amp; grated</i>
1	Ciabattini <i>defrosted &amp; halved</i>
1	Tomato <i>½ roughly diced</i>
20g	Green Leaves <i>rinsed</i>
10ml	Red Wine Vinegar
10ml	That Mayo (Original)
25g	Gherkins <i>drained &amp; thinly sliced</i>

## From Your Kitchen

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

**1. CARAMELISATION STATION** Place a pan (with a lid) over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft, browned and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize it further. Remove from the pan on completion, and cover to keep warm.

**2. CHAR TIME** Place a pan or a griddle pan over high heat. When hot, add the corn and fry for 4-5 minutes until charred, shifting occasionally. Remove from the pan and place in a salad bowl.

**3. CHEESY OSTRICH** When the onions are done, pat the ostrich dry with some paper towel. Return the pan (used for the onions) to a medium-high heat with a drizzle of oil. When hot, fry the ostrich for 4-5 minutes until browned and cooked through, shifting as it colours. In the final minute, stir through the caramelised onions and the coffee rub. Remove from the heat and sprinkle over the grated cheese. Cover with the lid until the cheese is fully melted, about 2-3 minutes.

**4. GORGEOUS GARLIC GOODNESS** Return the pan or griddle pan to a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the grated garlic and the halved rolls, cut side down, and leave to brown for 2-3 minutes.

**5. TOSS TOGETHER** In the salad bowl with the charred corn, add the diced tomato, ½ the rinsed green leaves, the red wine vinegar (to taste), a drizzle of oil, and some seasoning. Toss until fully combined.

**6. PILE IT UP!** Slather the bottom half of the garlic roll in mayo. Top with the cheesy onion ostrich and lay over the sliced gherkins with the remaining green leaves. Close up the roll and serve with the charred corn salad on the side. As simple as that!



## Chef's Tip

Caramelised onions reach their full silky potential when sliced finely and cooked slowly. If you have the time, fry yours over a low heat and add on an extra 10-15 minutes cooking time.

## Nutritional Information

Per 100g

Energy	514kJ
Energy	123Kcal
Protein	9.1g
Carbs	11g
of which sugars	2.8g
Fibre	1.6g
Fat	4.5g
of which saturated	1.9g
Sodium	159mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within  
4 Days