



# QCOOK

## Ostrich Roll & Creamy Wasabi

with salted crisps

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	1144kJ	4325kJ
Energy	274kcal	1034kcal
Protein	14.6g	55.2g
Carbs	19g	72g
of which sugars	5.2g	19.7g
Fibre	2.1g	7.8g
Fat	14.7g	55.4g
of which saturated	4.6g	17.4g
Sodium	373mg	1411mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
450g	600g	Free-range Ostrich Fillet
15ml	20ml	NOMU Roast Rub
3	4	Ciabatta Rolls
150ml	200ml	Creamy Kewpie <i>(75ml [100ml] Sour Cream &amp; 75ml [100ml] Kewpie Mayo)</i>
7,5ml	10ml	Wasabi Powder
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>
120g	160g	Grated Cheddar Cheese
3 units	4 units	Rootstock Salt Crisps

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. OSTRICH FILLET** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**2. TOAST THE ROLL** Halve the ciabattini rolls and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the rolls, cut-side down, until golden, 1-2 minutes. Alternatively, air fry at 200°C until crispy, 2-3 minutes (shifting halfway).

**3. JUST BEFORE SERVING** Combine the creamy kewpie, the wasabi powder (to taste), and season.

**4. TIME TO EAT** Smear the wasabi mayo over the rolls, top with the coriander, the cheese, and the ostrich slices. Side with crisps and enjoy, Chef!