

# U COOK

## Cranberry Balsamic Ostrich

with a butter bean mash

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Jade Summers

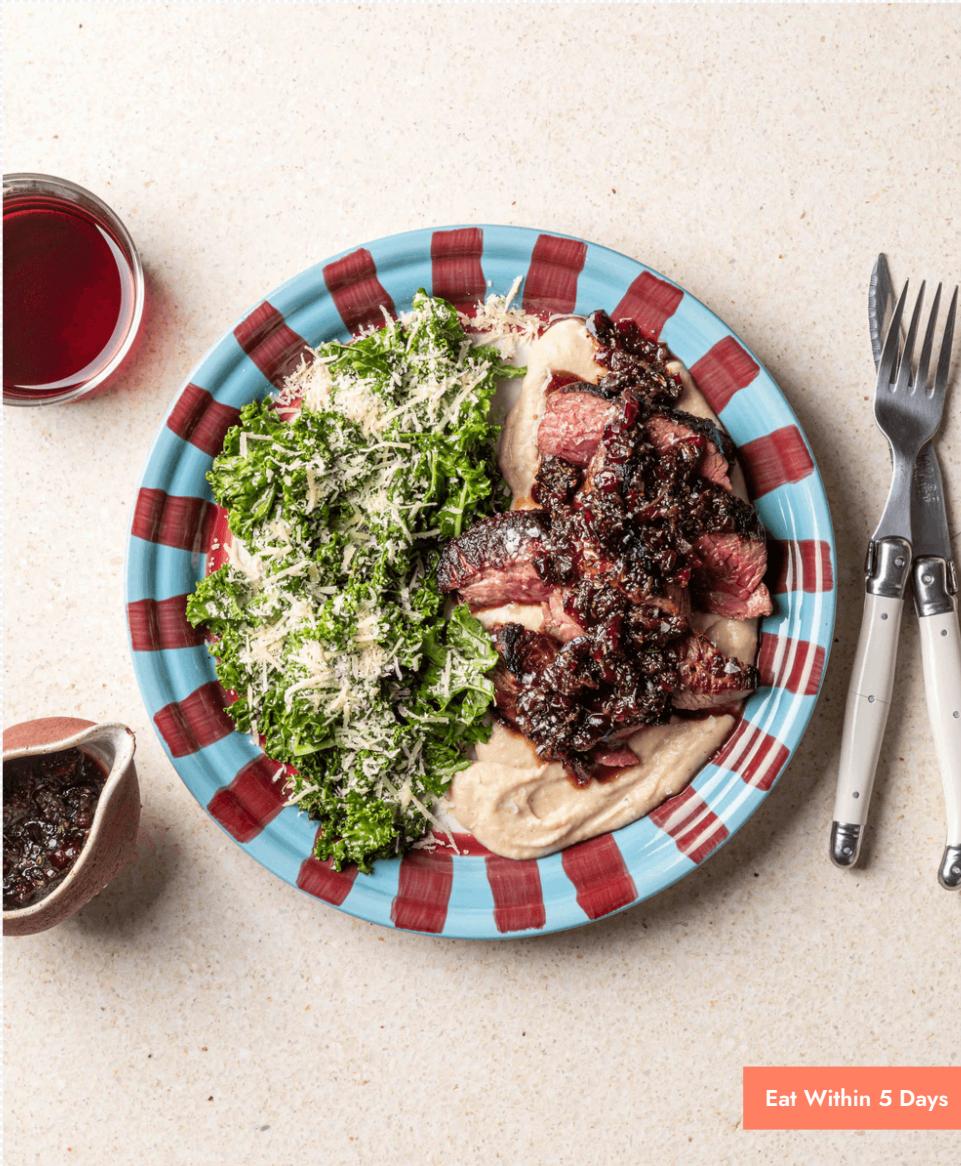
**Wine Pairing:** Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	459.2kJ	1895.8kJ
Energy	109.8kcal	453.4kcal
Protein	11.6g	47.8g
Carbs	10.4g	42.8g
of which sugars	2.6g	10.9g
Fibre	3.1g	12.6g
Fat	2.6g	10.9g
of which saturated	0.9g	3.8g
Sodium	154.8mg	638.9mg

**Allergens:** Sulphites, Egg, Cow's Milk, Allium

**Spice Level:** None

Eat Within 5 Days



## Ingredients & Prep Actions:

Serves 3 [Serves 4]

90ml	125ml	Grated Italian-style Hard Cheese
240g	320g	Kale <i>rinse &amp; roughly shred</i>
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Rosemary &amp; 8g [10g] Fresh Thyme)</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
360g	480g	Butter Beans <i>drain &amp; rinse</i>
15ml	20ml	Balsamic Reduction
45g	60g	Dried Cranberries <i>roughly chop</i>
7.5ml	10ml	Beef Stock
480g	640g	Free-range Ostrich Steak

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Blender

Milk (optional)

Paper Towel

Butter

**1. SWEET BALSAMIC SAUCE** Boil the kettle. Rinse, pick and roughly chop the mixed herbs. Set aside. Dilute the stock with 150ml [200ml] of boiling water. Place a pan over low heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add the diluted stock, the balsamic, 30ml [40ml] of sweetener, the cranberries, and the mixed herbs. Simmer until slightly reduced and thickening, 6-7 minutes (shifting occasionally). Remove from the heat, season and set aside.

**2. BEST BUTTER BEAN MASH** Place a pot over medium-high heat with the beans and 120ml [160ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

**3. O-YUM OSTRICH** 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. EARTHY KALE** Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Return the pan to medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan and cover.

**5. MAKE IT CHEESY** To a bowl with the kale, add the hard cheese and seasoning.

**6. O-SO-DELICIOUS** Plate up the butter bean mash and top with the browned ostrich. Drizzle over the sweet sauce and serve the dressed salad on the side.