



UCCOOK

Ostrich & Italian-style Sauce

with roasted baby potatoes & fresh parsley

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	381kJ	2528kJ
Energy	91kcal	605kcal
Protein	6.4g	42.2g
Carbs	9g	61g
of which sugars	2.5g	16.9g
Fibre	1.2g	8.1g
Fat	2.5g	16.5g
of which saturated	0.7g	4.6g
Sodium	250mg	1043mg

Allergens: Cow's Milk, Egg, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse & cut into wedges</i>
22,5ml	30ml	NOMU Cajun Rub
450g	600g	Free-range Ostrich Strips
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
300ml	400ml	Tomato Passata
60ml	80ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST TATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TASTY 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, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside. You may need to do this step in batches.

3. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 300ml [400ml] of water. Simmer until reduced, 12-15 minutes. In the final 1-2 minutes, add the browned ostrich pieces, a sweetener (to taste), and seasoning.

4. TIME TO DINE Plate up the roasted potatoes, side with the saucy ostrich, and sprinkle over the grated hard cheese. Garnish with the fresh parsley. Nicely done, Chef!