



UCOOK

Neil Ellis's Bacon Marmalade & Ostrich

**with smashed baby potatoes & a fresh
salad**

Take marmalade off the breakfast table and elevate it for a modern dinner setting by making a bacon, honey & caramelised onion marmalade. This is spooned over juicy seared ostrich steak, which is sided with oven-roasted smashed baby potatoes and a tangy tomato & cheese ribbon green salad.

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Neil Ellis

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

200g	Baby Potatoes <i>rinse</i>
2 strips	Streaky Pork Bacon
1	Onion <i>peel & finely slice ½</i>
15ml	Honey
150g	Free-range Ostrich Fillet
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
20g	Green Leaves <i>rinse</i>
30g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. LET'S START! Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. BACON MAKES EVERYTHING BETTER Place a pan (with a lid) over medium heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel, keeping the pan of oil on the heat. Add a knob of butter (optional) and fry the sliced onion until golden, 7-8 minutes (shifting occasionally).

3. MAKE THE MARMALADE When the onion is soft and caramelised, reduce the heat to low. Roughly chop the bacon and add to the pan. Stir in the honey and 30ml of water. Cook until sticky and reduced by a ¼, 3-4 minutes (stirring regularly). Transfer to a small bowl, cover, and set aside.

4. SMASHED SPUDS Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

5. SEARED OSTRICH Return the pan to 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.

6. QUICK SALAD Place the baby tomato quarters into a bowl. Toss with the rinsed leaves, the cheese ribbons, a drizzle of olive oil, and seasoning. Set aside.

7. SMASHIN' DINNER! Plate up the golden smashed potatoes and side with the ostrich slices. Top with the bacon marmalade and serve the green salad on the side.

Nutritional Information

Per 100g

Energy	433kJ
Energy	103kcal
Protein	7.9g
Carbs	10g
of which sugars	4.4g
Fibre	1g
Fat	3.1g
of which saturated	1.2g
Sodium	90mg

Allergens

Egg, Allium, Cow's Milk

Eat
Within
4 Days