



UCOOK

Ostrich Fillet & Creamed Spinach

with crème fraîche, garlic & roast sweet potato

Steak, potato, and creamed spinach: a simple yet delicious dinner to nourish and invigorate! NOMU Beef Rub brings extra vitality to the meat, crème fraîche gives the spinach depth of flavour, and a crunchy salad provides a fresh finish.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha Finnegan

 **Health Nut**

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



Ingredients & Prep

1kg	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
40g	Sunflower Seeds
80g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>cut into half-moons</i>
300g	Spinach <i>rinsed & roughly shredded</i>
2	Onions <i>peeled & finely diced</i>
3	Garlic Cloves <i>peeled & grated</i>
120ml	Crème Fraîche
600g	Free-range Ostrich Fillet
20ml	NOMU Beef Rub

From Your Kitchen

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

1. SWEET, SWEET ROAST Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. TOSS 'N TOAST! Place the sunflower seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the rinsed salad leaves and cucumber half-moons in a bowl. Add a drizzle of olive oil and some seasoning, toss to coat, and set aside for serving.

3. WILT THE SPINACH When the sweet potato reaches the halfway mark, return the pan to a medium heat with a drizzle of oil. When hot, sauté the shredded spinach for 4-5 minutes until wilted. Remove from the pan on completion and set aside.

4. NOW, MAKE IT CREAMY Wipe down the pan and return to a medium heat with a drizzle of oil. When hot, sauté the diced onion for 4-5 minutes until soft and translucent. Add the grated garlic and fry for 30-60 seconds until fragrant, shifting constantly. Return the spinach to the pan and add in the crème fraîche. Stir until the spinach is reheated and the crème fraîche has loosened. Transfer to a bowl, cover to keep warm, and set aside for serving.

5. FRAGRANT FILLET Wipe down the pan and return to a medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When the pan is hot, fry for 6-8 minutes, shifting and turning until browned all over and cooked to your preference. (This time frame will yield a medium-rare result.) During the final minute, baste with a knob of butter and the Beef Rub. Remove from the pan and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

6. DELIGHTFUL Plate the oven-caramelised sweet potato alongside the creamed spinach and juicy ostrich slices. Garnish the salad with the toasted sunflower seeds and serve on the side. Would you look at that, Chef!

Nutritional Information

Per 100g

Energy	398kj
Energy	95Kcal
Protein	6.3g
Carbs	8g
of which sugars	3.6g
Fibre	1.7g
Fat	3.3g
of which saturated	1.4g
Sodium	183mg

Allergens

Dairy, Allium

Cook
within
4 Days