

QCOOK

Ostrich Steak, Fries & Mayo

with a tomato & fresh leaf salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info	Per 100g	Per Portion
Energy	461kj	2640kj
Energy	110kcal	632kcal
Protein	7.1g	40.9g
Carbs	8g	47g
of which sugars	2.3g	13.2g
Fibre	1.3g	7.2g
Fat	5.6g	32.2g
of which saturated	0.6g	3.6g
Sodium	48mg	277mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into 1cm thick fries</i>
50ml	100ml	Mayo
10ml	20ml	Red Wine Vinegar
160g	320g	Free-range Ostrich Steak
3g	5g	Fresh Rosemary <i>rinse</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & roughly dice</i>

From Your Kitchen

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

1. ROAST THE FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray. Coat generously in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. PREP THE SAUCES In a small bowl, slightly loosen the mayo with a splash of warm water. Set aside. In a salad bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning.

3. BUTTER-BASTED ROSEMARY STEAK When the fries have 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the ostrich steak 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 rosemary. Remove from the pan, reserving any pan juices, and rest for 5 minutes before thinly slicing and seasoning.

4. FOR THE FRESHNESS To the bowl with the vinegar dressing, add the salad leaves and the tomato. Toss until combined.

5. IT ALL COMES TOGETHER Plate up the steak slices and drizzle over any reserved pan juices. Side with the fries and the dressed salad. Serve with the loosened mayo for dunking. Classic cooking, Chef!