



UCOOK

BBQ Ostrich & Smashed Baby Potatoes

with cucumber & fresh parsley

Smash dinner out of the park, with crispy smashed baby potatoes that deliciously complements BBQ-coated browned ostrich chunks. Sided with a refreshing green salad and sprinklings of parsley.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Simple & Save

 Painted Wolf Wines | The Den Shiraz 2021

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

Ingredients & Prep

750g	Baby Potato <i>rinse</i>
450g	Ostrich Chunks
2	Onions <i>peel & roughly slice 1½</i>
150ml	BBQ Sauce
60g	Green Leaves <i>rinse</i>
150g	Cucumber <i>rinse & roughly dice</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, season, and set aside.

2. SMASH, THEN ROAST 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.

3. BROWNEO 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 (shifting occasionally). Remove from the pan, season, and set aside.

4. GOLDEN ONIONS & BBQ SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft and turning golden, 4-5 minutes (shifting occasionally). Add the browned ostrich, the BBQ sauce, and a splash of water. Fry until fragrant and slightly reduced, 1-2 minutes. Remove from the heat and season.

5. SIMPLE SALAD In a salad bowl, toss together the rinsed green leaves, the diced cucumber, a drizzle of olive oil, and seasoning.

6. WHAT A GREAT PLATE Plate up the crispy potatoes and the loaded ostrich with all the pan juices. Side with the fresh salad and garnish with the chopped parsley. Well done, Chef!



Chef's Tip

Air fryer method: Place the parboiled potatoes in the airfryer tray. Press with a fork, splitting the skin, but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	394kJ
Energy	94kcal
Protein	6.4g
Carbs	10g
of which sugars	3.2g
Fibre	1.5g
Fat	2.5g
of which saturated	0.5g
Sodium	133mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within
4 Days