UCOOK

Smoky Ostrich Steak & Avo Pesto

with charred corn & piquanté peppers

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Stellenbosch Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	511kJ	2974kJ
Energy	122kcal	711kcal
Protein	8.8g	51.1g
Carbs	9g	53g
of which sugars	1.9g	11.3g
Fibre	3.2g	18.6g
Fat	6.1g	35.8g
of which saturated	1g	5.9g
Sodium	200.7mg	1169mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2 units	2 units	Guacamole
60g	80g	Danish-style Feta *drain*
2	2	Spring Onions *rinse & roughly slice*
15g	20g	Pistachio Nuts *roughly chop*
150g	200g	Corn
480g	640g	Free-range Ostrich Steak
7,5ml	10ml	Smoked Paprika
45ml	60ml	Lemon Juice
360g	480g	Black Beans *drain & rinse*
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Piquanté Peppers *drain*

From Your Kitchen

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

1. **AVO PESTO** In a bowl, combine the guacamole, the feta, the spring onion (to taste), the pistachios, a splash of water, and seasoning. Mix with a fork until combined.

2. **CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **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 per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the smoked paprika. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. **TIME TO EAT** In a salad bowl, combine the lemon juice with a drizzle of olive oil. Add the beans, the charred corn, the salad leaves, the peppers, and seasoning. Bowl up the salad, top with the steak slices, and dollop over the avo pesto. Garnish with any remaining spring onion. Well done, Chef!