



UCOOK

Cheesy Ostrich & Potato Salad

with fresh parsley

On a bed of green leaves lies a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh parsley. This side sits next to tender ostrich chunks, pan-fried, basted with BBQ sauce and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jewell Willemberg

Simple & Save



Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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Ingredients & Prep

150g	Ostrich Chunks
5ml	NOMU BBQ Rub
200g	Baby Potatoes <i>rinse & cut in half</i>
15ml	BBQ Sauce
30g	Grated Mozzarella & Cheddar Cheese
55ml	Creamy Mayo <i>(30ml Mayo & 25ml Low Fat Plain Yoghurt)</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. OSTRICH PREP Pat the ostrich chunks dry with paper towel and cut into bite-sized pieces. Coat in oil, the NOMU rub, and seasoning. Set aside.

2. SOFT POTATO Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place in a bowl.

3. BBQ OSTRICH When the potatoes have 5-10 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. Sear the ostrich until browned, 2-3 minutes (shifting occasionally). In the final 30-60 seconds, baste the ostrich with the BBQ sauce. Sprinkle over the grated cheese, cover with the lid, and remove from the heat. Leave the lid on until the cheese is melted.

4. WARM POTATO SALAD To a salad bowl, add the creamy mayo. Mix through $\frac{3}{4}$ of the chopped parsley, the cooked potatoes, and seasoning.

5. DINNER IS READY Make a bed of the shredded salad leaves and top with the creamy warm potato salad. Serve alongside the BBQ cheddar ostrich. Garnish with a sprinkle of the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	666kJ
Energy	159kcal
Protein	9.1g
Carbs	12g
of which sugars	3.9g
Fibre	1.4g
Fat	8.1g
of which saturated	2.1g
Sodium	175mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
4 Days