



U C O O K

— COOKING MADE EASY

Steakhouse Ostrich & Truffled Roasties

with coffee-caramelised onions & toasted sunflower seeds

No need to leave home for a steakhouse dinner! Your seared ostrich steak is swathed in silky onions, caramelised in a coffee rub. It's accompanied by a rocket and cucumber salad and sweet potato roasties, dripping with truffle oil.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
10g	Sunflower Seeds
1	Onion <i>peeled & thinly sliced</i>
7.5ml	NOMU Coffee Rub
15ml	Truffle Oil
160g	Ostrich Steak
15ml	Red Wine Vinegar
20g	Wild Rocket <i>rinsed</i>
50g	Cucumber <i>thinly sliced into half-moons</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Paper Towel
Sugar/Sweetener/Honey

1. POP IN THE ROASTIES 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 30-35 minutes until cooked through and crisping up.

2. TOAST THE SEEDS Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. SMOKY CARAMELISED ONIONS Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, mix in the Coffee Rub and a sweetener of choice (both to taste). Remove from the pan on completion, cover to keep warm, and set aside for serving.

4. YOU'RE HALFWAY! When the roasties reach the halfway mark, remove from the oven and drizzle over the truffle oil. Give them a shift and return to the oven for the remaining cooking time. Pat the ostrich dry with paper towel. Return the pan to a medium heat with another drizzle of oil. When hot, fry the steak for 6-8 minutes, shifting as it colours until browned and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final minute, baste with a knob of butter (optional). Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. A BOWL OF TANGY SALAD For the dressing, place the vinegar in a bowl and whisk in 2 tsp of olive oil until well combined. Add in the rinsed rocket, the cucumber half-moons, and three-quarters of the toasted seeds. Season and toss to coat.

6. STEAKHOUSE-STYLE! Dish up the truffled roasties alongside the juicy ostrich steak slices. Either pile the coffee-caramelised onions on top of the steak, or serve on the side. Plate up some peppery rocket salad and garnish with the chopped parsley and the remaining sunflower seeds. Excellent work, Chef!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	437kJ
Energy	104Kcal
Protein	6.7g
Carbs	9g
of which sugars	4g
Fibre	1.4g
Fat	4g
of which saturated	0.7g
Sodium	121mg

Allergens

Allium, Sulphites

Cook
within
4 Days