



UCCOOK

Ostrich Steak & Creamy Mashed Potato

with Danish-style feta & a fresh green salad

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	587kJ	3067kJ
Energy	140kcal	734kcal
Protein	9.4g	49.1g
Carbs	9g	47g
of which sugars	1.3g	6.8g
Fibre	1.9g	9.7g
Fat	7.4g	38.9g
of which saturated	3.8g	19.9g
Sodium	98mg	511mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
5ml	10ml	Beef Stock
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Crushed Black Peppercorns
50ml	100ml	Crème Fraîche
150g	300g	Free-range Ostrich Fillet
10ml	20ml	NOMU Italian Rub
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Milk (optional)

Paper Towel

Butter

1. MAKE THE MASH Boil the kettle. Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY SAUCE Dilute the stock with 100ml [200ml] of boiling water. Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). Sauté the garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 3-4 minutes. Remove from the heat and whisk in the crème fraîche.

4. OH-SO GOOD OSTRICH Place a clean 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 NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. SIDE SALAD In a salad bowl, toss together the salad leaves, the cucumber, ½ of the feta, ½ of the nuts, a drizzle of olive oil, and seasoning. Set aside.

6. DINNER = SERVED Plate up the creamy mash and side with the ostrich slices. Drizzle the peppercorn sauce over the ostrich. Serve the dressed salad on the side and scatter over the remaining feta. Garnish it all with the remaining nuts.