



# UCOOK

## Hoisin Ostrich Rump

**with seasonal greens & sweet potato**

Get your Chef's hat on and prepare your palate for something new, because today we're making Cantonese-inspired cuisine with a South African twist. Hoisin-marinated ostrich rump slices accompany roasted sweet potato pieces, a baby marrow & onion medley, and is finished with toasted sunflower seeds.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Carb Conscious

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 Waterford Estate | Waterford The Library  
Collection Edition: I-Tie 2017

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## Ingredients & Prep

1kg	Sweet Potato <i>rinsed &amp; cut into bite-sized pieces</i>
120ml	Asian Sauce <i>(20ml Sesame Oil &amp; 100ml Hoisin Sauce)</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
25g	Fresh Ginger <i>peeled &amp; grated</i>
640g	Free-range Ostrich Rump
40g	Sunflower Seeds
2	Onions <i>peeled &amp; cut into wedges</i>
600g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
80g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. GET READY TO ROAST** Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. MARINATION STATION** In a bowl, large enough for the rump, combine the Asian sauce, the chopped chilli (to taste), the grated garlic, the grated ginger, and 40ml of water. Add the rump to the marinade, coat well and set aside.

**3. THE SUNNY SIDE OF THE SEED** Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

**4. GORGEOUS GREENS** Return the pan to the heat with a drizzle of oil. When hot, add the onion wedges and fry for 4-5 minutes, shifting occasionally. Add the baby marrow chunks. Fry for 4-5 minutes until the baby marrow has slightly softened, shifting occasionally. Remove from the heat and cover to keep warm.

**5. SIZZLIN' STEAKS** Place a pan or griddle pan over medium-high heat with a drizzle of oil. Remove the rump from the marinade, reserving the marinade in the bowl. When the pan is hot, fry the rump for 2-4 minutes per side, or until cooked to your preference (this time frame may depend on the thickness of the rump). Remove from the pan and rest for 5 minutes before slicing and lightly seasoning.

**6. MARINATED MARROWS** Add the reserved marinade to the baby marrow and onions. Return the pan to a medium heat and fry for 1-2 minutes or until heated through. Season to taste (be careful - the marinade is salty).

**7. TIME TO EAT!** Serve the juicy rump slices. Make a bed of the rinsed green leaves and top with the flavoursome baby marrow & onion. Side with the roast sweet potato. Pour over any pan juices and sprinkle over the toasted sunflower seeds. Dig in!

## Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	6.1g
Carbs	10g
of which sugars	5.4g
Fibre	1.4g
Fat	2.3g
of which saturated	0.5g
Sodium	153mg

## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook  
within  
4 Days