



UCCOOK

Hearty Ostrich & Parsley Sauce

with mashed potato & a side salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	414kJ	2122kJ
Energy	99kcal	508kcal
Protein	8.4g	43g
Carbs	10g	50g
of which sugars	1.5g	7.5g
Fibre	2.2g	11.3g
Fat	3.1g	15.9g
of which saturated	0.6g	2.9g
Sodium	60mg	309mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Potato <i>rinse, peel & cut into small pieces</i>
40g	80g	Peas
30ml	60ml	Herb Dressing
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
160g	320g	Free-range Ostrich Steak
1	1	Garlic Clove <i>peel & grate</i>
5g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Milk (optional)

Paper Towel

Butter

1. MAKE THE MASH Place the potato in a pot of salted water. Bring to the 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. PREP STEP Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. SIDE SALAD In a salad bowl, combine the dressing, green leaves, cucumber, peas, and seasoning.

4. FRY THE 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. BUTTER SAUCE Place 20g [40g] of butter in a saucepan over medium heat. When the butter starts to foam, add the garlic and cook until the butter is golden and fragrant, 1-2 minutes. Remove the saucepan from the heat and stir through the parsley.

6. DISH UP Plate up the ostrich steak slices and side with the herby butter sauce. Serve with the mashed potato and the dressed salad. Finish off with a crack of black pepper. Dig in, Chef!