



UCOOK

Ostrich in Italian-style Sauce

with roasted baby potatoes & fresh parsley

Perfectly browned ostrich bites are smothered in a flavoursome tomato passata sauce and topped with shards of Italian-style hard cheese. Sided with oven-roasted Cajun-spiced baby potatoes. Classic!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

250g	Baby Potato <i>cut into quarters</i>
7,5ml	NOMU Cajun Rub
150g	Ostrich Chunks
1	Onion <i>peel & roughly slice ½</i>
100ml	Tomato Passata
20ml	Grated Italian-style Hard Cheese
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST TATOES Preheat the oven to 200°C. Spread the quartered baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TASTY 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, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 100ml of water. Simmer until reduced, 10-12 minutes. In the final 1-2 minutes, add the browned ostrich pieces, a sweetener, and seasoning.

4. TIME TO DINE Plate up the roasted potatoes, side with the saucy ostrich, and sprinkle over the grated hard cheese. Garnish with the chopped fresh parsley. Nicely done, Chef!



Chef's Tip

Air fryer method: Coat the quartered baby potatoes in oil, ½ the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	392kj
Energy	94kcal
Protein	6.7g
Carbs	9g
of which sugars	2.5g
Fibre	1.2g
Fat	2.6g
of which saturated	0.7g
Sodium	111mg

Allergens

Egg, Allium, Cow's Milk

Cook
within
4 Days