

UCOOK

Seared Ostrich on Creamy Orzo

with rosemary burnt butter & roast veg

Sustainably sourced ostrich slices atop gloriously creamy orzo, infused with sautéed leek, garlic, crème fraîche and lemon. Finished with a splash of rich rosemary burnt butter and served alongside toasty roasted tomato and baby marrow.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Alex Levett

 Easy Peasy

 Cavalli Estate | Colt

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Ingredients & Prep

200g	Baby Tomatoes
200g	Baby Marrow <i>rinsed & cut into bite-sized chunks</i>
200ml	Orzo Pasta
20g	Sunflower Seeds
200g	Leeks
320g	Free-range Ostrich Steak
4g	Fresh Rosemary <i>rinsed & dried</i>
100ml	Crème Fraîche
2	Garlic Cloves <i>peeled & grated</i>
1	Lemon <i>zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Tinfoil

1. ROAST VEGGIES Place the baby marrow chunks and whole baby tomatoes on a roasting tray, coat in oil, and lightly season. Roast in the hot oven for 15-20 minutes until cooked through, shifting halfway.

2. COOK ORZO Fill a pot for the orzo pasta with 750ml of boiling water and add a pinch of salt. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat on completion, drain, and reserve 160ml of pasta water. Add the pasta to a bowl, toss through some oil to prevent sticking, and season to taste. Keep aside the empty pot for step 5.

3. TOAST SUNFLOWER SEEDS & PREP LEEKS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Trim the base of the leeks and cut in half lengthways. Rinse thoroughly and finely slice.

4. FRY THE OSTRICH & BURNED BUTTER Return the pan to a medium-high heat with a drizzle of oil. Pat the ostrich steaks dry with paper towel and season. When the pan is hot, fry the steaks for 8-10 minutes, shifting and turning as they colour until browned all over and cooked to your preference. The time frame recommended will yield a medium-rare result. In the final 2-3 minutes, baste the steak with 60g of butter and dried rosemary. Remove the steak from the pan on completion and wrap up in a tinfoil reserving the rosemary-infused burnt butter. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. CREAMY ORZO SAUCE Return the pot that you cooked the orzo in, to a medium heat with a drizzle of oil. When hot, sauté the sliced leeks for 2-3 minutes until soft, shifting frequently. In the final minute add the grated garlic and fry until fragrant. Lower the heat, add the crème fraîche, reserved pasta water and simmer for 3-4 minutes until thickened in consistency. Add the cooked orzo to the creamy leek sauce and heat through for 1-2 minutes. Season and squeeze in some lemon juice to taste.

6. PLATE Dish up the creamy orzo, top with juicy ostrich steak slices, side with roasted veggies and drizzle over the rosemary-infused burnt butter. Garnish with sunflower seeds, lemon zest and fried rosemary sprigs. Well done, Chef!



Chef's Tip

To make sure the roast veg gets crispy, spread it out in a single layer, don't overcrowd the tray, or use two trays if necessary!

Nutritional Information

Per 100g

Energy	568kJ
Energy	136Kcal
Protein	8.3g
Carbs	13g
of which sugars	2.3g
Fibre	1.5g
Fat	5.2g
of which saturated	2.4g
Sodium	20mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within
4 Days