



UCCOOK

Tender Ostrich Strips & Potato Mash

with a fresh green salad

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Cinsault 2023

Nutritional Info

	Per 100g	Per Portion
Energy	397kJ	1880kJ
Energy	95kcal	450kcal
Protein	8g	38.1g
Carbs	9g	42g
of which sugars	0.8g	3.9g
Fibre	1.3g	6.1g
Fat	3g	14.4g
of which saturated	0.8g	3.8g
Sodium	86mg	406mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
90ml	120ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice
150g	200g	Cucumber <i>rinse & roughly dice</i>
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU Cajun Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Milk (optional)

Paper Towel

Seasoning (salt & pepper)

Butter

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 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. SOME PREP Loosen the yoghurt with 3 [4] tbsp of water and set aside. In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Toss through the cucumber. Set side.

3. FRY THE STRIPS Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Add the yoghurt, and seasoning.

4. FRESH SALAD Just before serving, add the salad leaves to the bowl with the cucumber. Add seasoning and toss to combine.

5. TIME TO EAT Plate up the mash. Side with the creamy strips and the fresh salad. Enjoy, Chef!