



UCOOK

Spicy Orange Ostrich Steak

with roasted garlic mash & sesame seeds

A spicy Sriracha & orange sauce is drizzled over juicy ostrich steak and served with roasted garlic sweet potato mash, tender edamame beans, and sautéed red cabbage. It is sided with sweet charred orange slices and sprinkled with sesame seeds for some subtle nuttiness and crunch! Trust us, try this dish!

Hands-On Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

2	Garlic Heads
750g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
2	Oranges <i>1½ zested & ½ sliced into rounds & ½ cut into wedges</i>
75ml	Soy-vinegar <i>(45ml Low Sodium Soy Sauce & 30ml Rice Wine Vinegar)</i>
20ml	Sriracha
15g	Fresh Ginger <i>peeled & grated</i>
300g	Cabbage <i>finely sliced</i>
150g	Edamame Beans
480g	Free-range Ostrich Steak
15ml	Mixed Sesame Seeds

From Your Kitchen

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

1. FIN-GARLIC-ING GOOD! Preheat the oven to 200°C. Boil the kettle. Slice the top off the garlic heads and coat in oil. Cover in tinfoil and pop in the hot oven. Roast for 30-35 minutes until soft.

2. SWEET POTATO Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 25-30 minutes until cooked through and soft. Alternatively, you can use a steamer if you have one. On completion, discard the water and return the cooked sweet potato to the pot. Cover to keep warm.

3. MIX & FRY In a bowl, combine the orange zest, the soy-vinegar, the juice of 3 orange wedges, the Sriracha, 150ml of water, and the grated ginger. Set aside. When the garlic has 10 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and fry for 4-5 minutes until slightly softened, shifting occasionally. In the final minute, add the edamame beans. Remove from the pan, season, and cover to keep warm.

4. CHARRED CITRUS Return the pan to a medium heat with a drizzle of oil. Pat the ostrich steaks dry with some paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes, baste the steaks with a knob of butter (optional) and the spicy orange sauce. Remove the steaks and orange sauce from the pan on completion and set aside. Allow the steaks to rest for 5 minutes before slicing. Lightly season the slices. Return the pan, wiped down if necessary, to a medium-high heat. When hot, add the orange slices and a sweetener of choice (to taste) and fry for 2-3 minutes per side until charred.

5. GARLIC MASH When the garlic is done, squeeze out the flesh (to taste) from 1½ of the garlic heads into the pot of cooked sweet potato. Add a knob of butter or coconut oil (optional) and a splash of water or milk. Mash with a fork or potato masher until the desired consistency.

6. DINNER IS SERVED! Plate up the ostrich steak and drizzle over the spicy orange sauce. Side with the garlic mash, the sautéed cabbage & edamame, and the charred orange slices. Serve any remaining garlic and sauce on the side. Sprinkle over the sesame seeds. Beautiful work, Chef!



Chef's Tip

If you want to toast your sesame seeds, place in a pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion.

Nutritional Information

Per 100g

Energy	338kj
Energy	81Kcal
Protein	5.9g
Carbs	11g
of which sugars	4.9g
Fibre	1.9g
Fat	1.1g
of which saturated	0.2g
Sodium	1mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days