



UCOOK

Très Chic Ostrich Fillet

with a red wine & mushroom sauce,
butternut & pecans


A lean ostrich fillet is already a class act. With this sauce, she's unbearably elegant, smothered in a combination of red wine, mushrooms, garlic, thyme, onion, and crème fraîche. Toasty pecans and charred cranberries finish things off fashionably.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Delheim Wines | Delheim Shiraz/Cabernet
Sauvignon

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Ingredients & Prep

750g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into half-moons</i>
60g	Pecan Nut & Cranberry Mix
15ml	Beef Stock
375g	Button Mushrooms <i>wiped down & roughly sliced</i>
2	Onions <i>1½ peeled & finely diced</i>
2	Garlic Cloves <i>peeled & grated</i>
6g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
170ml	Red Wine
45ml	Crème Fraîche
60g	Green Leaves <i>rinsed</i>
2	Tomatoes <i>rinsed & roughly diced</i>
450g	Free-range Ostrich Fillet

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. TOAST Boil the kettle. Place the pecan nut and cranberry mix in a large pan over medium heat. Toast until the nuts are golden brown and cranberries are lightly charred, 3-5 minutes (shifting occasionally). Remove from the pan and roughly chop. Dilute the stock with 135ml of boiling water and set aside.

3. CREAMY SAUCE Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms until golden, 5-6 minutes. You may need to do this step in batches. Add the diced onion (to taste) and fry until softened, 6-8 minutes. Add the grated garlic and the chopped thyme, and fry until fragrant, 30-60 seconds. Stir in the red wine and the diluted stock, and bring to a simmer. Cook until reduced and thickened, 8-10 minutes. Mix in the crème fraîche, season, and remove from the heat. Cover and set aside.

4. SALAD In a salad bowl, toss together the rinsed green leaves, the diced tomatoes, a drizzle of olive oil, and seasoning.

5. COOK THE FILLET Pat the ostrich dry with paper towel. Place a clean pan over medium heat with a drizzle of oil. When hot, sear the ostrich until browned, 3-4 minutes per side (for medium-rare). In the final minute, baste with a knob of butter (optional). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. DELICIOUSNESS Lay out the juicy ostrich slices and smother in the creamy sauce. Side with the salad and the crisp butternut, and scatter over the toasted pecans and cranberries. Nice one, Chef!

Nutritional Information

Per 100g

Energy	351kJ
Energy	84kcal
Protein	5.6g
Carbs	7g
of which sugars	2.4g
Fibre	1.7g
Fat	2.5g
of which saturated	0.8g
Sodium	24mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days