



# UCOOK

## Sweet & Sticky Ostrich Steak

with a coconut yoghurt dipping sauce & roasted sweet potato wedges

A simple dish that removes the fuss without compromising on flavour. Juicy free-range ostrich steak with a sticky balsamic glaze, sided with golden roast sweet potato wedges and a delicious coconut dipping sauce – yum!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Klaudia Weixelbaumer

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♥ Health Nut

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🍷 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

|      |                                                                 |
|------|-----------------------------------------------------------------|
| 250g | Sweet Potato<br><i>rinsed &amp; cut into wedges</i>             |
| 100g | Green Beans<br><i>rinsed, trimmed &amp; halved</i>              |
| 10g  | Pumpkin Seeds                                                   |
| 50ml | Coconut Yoghurt                                                 |
| 10ml | NOMU Spanish Rub                                                |
| 4g   | Fresh Coriander<br><i>rinsed, picked &amp; roughly chopped</i>  |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                      |
| 160g | Free-range Ostrich Steak                                        |
| 40ml | Sticky Glaze<br><i>(20ml Balsamic Vinegar &amp; 20ml Maple)</i> |
| 10ml | Low Sodium Soy Sauce                                            |
| 20g  | Green Leaves<br><i>rinsed &amp; gently shredded</i>             |

## From Your Kitchen

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

**1. LIVING LIFE ON THE WEDGE** Preheat the oven to 200°C. Place the sweet potato wedges on a roasting tray, coat in some oil and season. Evenly spread out and roast in the hot oven for 30-35 minutes, until cooked through and golden, shifting halfway.

**2. SEEDS & SAUCE** Place a pan (large enough for the green beans) over a medium heat. Add the pumpkin seeds. Toast for 3-5 minutes until they begin to pop. Remove from the pan and set aside to cool. In a small bowl, combine the coconut yoghurt with ¼ of the Spanish rub, ½ of the chopped coriander, ¼ of the grated garlic (to taste), seasoning and set aside.

**3. BEAN THERE, DONE THAT** When the wedges have 10-15 minutes to go, return the pan over a medium heat with a splash of water and the beans. Cook the beans for 2-3 minutes, until cooked but still crunchy, and the water has evaporated. Add the remaining grated garlic and a drizzle of oil to the pan and fry for a further minute. Remove from the pan on completion, toss with ½ the remaining coriander and seasoning.

**4. DINNER IS AT STEAK!** Return the pan (wiped down if necessary) over a medium-high heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel and coat in the remaining Spanish rub. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference. In the final 1-2 minutes, baste the ostrich with ½ of the sticky glaze and some soy sauce (to taste), until the sauce is sticky and has reduced by one quarter. Remove from the pan (reserve the pan juices) and let it rest for 5 minutes before slicing.

**5. DOUBLE GLAZED** Just before serving, toss the shredded green leaves, green beans and pumpkin seeds with the remaining Sticky Glaze (to taste).

**6. PLATE IT UP!** Time to serve up this tasty dinner! Plate up the golden sweet potato wedges, the sticky ostrich slices, green leaves and beans. Drizzle over the pan juices, serve the coconut dipping sauce on the side, and garnish with the remaining coriander. Tuck in!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 409kJ  |
| Energy             | 98Kcal |
| Protein            | 6.6g   |
| Carbs              | 13g    |
| of which sugars    | 6.9g   |
| Fibre              | 1.7g   |
| Fat                | 1.5g   |
| of which saturated | 0.6g   |
| Sodium             | 173mg  |

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days