



UCCOOK

Smoky Ostrich Steak & Garlic Bread

with a tomato, baby onion & parsley salsa

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	429kJ	3073kJ
Energy	103kcal	735kcal
Protein	7.9g	56.7g
Carbs	16g	118g
of which sugars	4.3g	30.5g
Fibre	1.9g	13.7g
Fat	1.3g	9.1g
of which saturated	0.3g	2.3g
Sodium	167mg	1199mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
3	4	Sourdough Baguettes
6	8	Baby Onions <i>peel & thinly slice into rounds</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
300g	400g	Cabbage <i>rinse & cut into bite-sized pieces</i>
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Spanish Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Tinfoil
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. GORGEOUS GARLIC BAGUETTE Preheat the oven to 200°C. In a small bowl, combine the garlic, ½ the parsley, and 60ml [80ml] of olive oil. Cut 4-5 incisions along the top of each baguette - don't cut all the way through! Smear each incision with the garlic oil. Set aside.

2. LET'S DO SOME PREP Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until lightly golden, 4-5 minutes (shifting occasionally). In a bowl, combine the tomato, the onion, the remaining parsley, a drizzle of olive oil, a sweetener, and seasoning. Set aside. Wrap the stuffed baguette in tinfoil, place on a baking tray, and pop in the hot oven. Bake until warmed through, 15-20 minutes. In the final 2-3 minutes, remove the tinfoil and bake until crisp.

3. CHARRED VEG Place a pan over medium-high heat with a drizzle of oil. When hot, fry the cabbage until slightly softened, 3-4 minutes. Remove from the pan and season.

4. BUTTERY OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. Sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. SPANISH SENSATION Plate up the Spanish-spiced ostrich and the garlic bread. Side with the charred cabbage and the tomato salsa. Dig in, Chef!