



UCOOK

BBQ Ostrich Steak Roll

with sweet caramelised onions & crispy potato chips

Enjoy this loaded roll with sweet & salty BBQ ostrich steak slices, fresh green leaves, golden caramelised onions, juicy tomato slices and crunchy potato chips on the side!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Easy Peasy

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

200g	Potato <i>peeled (optional) & cut into skinny, 5mm thick chips</i>
1	Onion <i>½ peeled & roughly sliced</i>
160g	Free-range Ostrich Steak <i>pat dry & sliced into 1cm thick slices</i>
50ml	BBQ Sauce
1	Portuguese Roll <i>defrosted & halved</i>
50g	Grated Cheddar Cheese
20g	Green Leaves <i>rinsed & gently shredded</i>
1	Plum Tomato <i>sliced into thin rounds</i>
40g	Gherkins <i>halved</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. CHIPSTICKS Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season well, and toss until coated. Spread out in a single layer and roast in the hot oven for 30-35 minutes until cooked through and crispy. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

2. CARAMELISED STATION Place a pan over a medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion for 7-9 minutes until soft, browned and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan on completion and cover to keep warm.

3. SIZZLING OSTRICH Return the pan to a medium heat with a drizzle of oil. When hot, fry the steak slices for 1-2 minutes per side, until browned all over. Add the BBQ sauce and baste the slices for 1-2 minutes. Season to taste, remove from the heat, and cover to keep warm.

4. GOLDEN CHEESY ROLLS Butter the cut side of the halved rolls. Sprinkle ¾ of the grated cheese on the bottom halves of the rolls. Place all the halves on a baking tray, cut-side up, and pop in the oven until heated through and the cheese has melted.

5. THAT MOMENT! DIY! Top the cheesy bottom halves with the green leaves, the tomato rounds, the halved gherkins, the caramelised onion, the BBQ steak slices drizzled with the BBQ sauce from the pan, and the remaining cheese. Close it all up with the other bun half. Serve the crispy fries on the side and make a side salad with any remaining fillings. Look at you go, Chef!



Chef's Tip

Due to the amount of starch in potatoes, they brown quickly when exposed to fresh air. When preparing your potatoes, place them in a bowl of water to prevent this from happening.

Nutritional Information

Per 100g

Energy	471kj
Energy	113Kcal
Protein	7.6g
Carbs	14g
of which sugars	2.8g
Fibre	1.3g
Fat	2.8g
of which saturated	1.3g
Sodium	138mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within
4 Days