

UCOOK

Texan Cowboy Ostrich

with charred BBQ onions & a creamy carrot mash

The Pesto Princess Chimichurri sings notes of coriander, parsley, and chilli to a cut of flavourful ostrich steak. Lashings of BBQ onions leave you going back for more! Served with a creamy carrot mash and a salad of charred corn, feta, and pumpkin seeds. Delish!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Stellenzicht | Tristone Cabernet Sauvignon

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Ingredients & Prep

240g	Carrot <i>peeled, trimmed & cut into bite-sized chunks</i>
1	Spring Onion <i>rinsed & finely sliced, keeping the white & green parts separate</i>
15ml	Pesto Princess Chimichurri Sauce
10g	Pumpkin Seeds
50g	Corn
160g	Free-range Ostrich Steak
1	Onion <i>½ peeled & roughly sliced</i>
15ml	BBQ Sauce
20g	Green Leaves <i>rinsed & roughly shredded</i>
30g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. CARROT MASH Boil the kettle. Place the carrot pieces in a pot of salted water. Bring to the boil and cook until soft, 25-30 minutes. Drain and return to the pot. Stir in the spring onion whites, a knob of butter (optional), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. FOR THE FINALE In a bowl, loosen the chimichurri with 1 tbsp of olive oil. Set aside.

3. TOASTY SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CHARRED CORN Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside in a salad bowl.

5. JUICY STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. BBQ GOODNESS Return the pan to high heat and deglaze with a splash of water. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, stir through the BBQ sauce and a knob of butter (optional). Remove from the heat, cover, and set aside.

7. ONE LAST STEP Toss the shredded leaves, the spring onion greens, the crumbled feta, a drizzle of olive oil, and seasoning through the corn. Set aside.

8. DINNER IS SERVED Lay down the ostrich steak slices, side with the BBQ onions, and drizzle over the chimichurri. Pile up the carrot mash and serve the charred corn salad on the side. Garnish with the toasted pumpkin seeds. Lasso it in, Chef!



Chef's Tip

Deglazing is a cooking technique where the browned food residue from the base of the pan is lifted by liquid and stirred together. This mixture is then used to add flavour.

Nutritional Information

Per 100g

Energy	396kJ
Energy	97kcal
Protein	7.1g
Carbs	8g
of which sugars	3.6g
Fibre	1.8g
Fat	3.5g
of which saturated	1.2g
Sodium	126mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days