



# UCOOK

## Tender Ostrich Strips & Potato Mash

with a fresh green salad

Golden, butter-basted ostrich strips are coated with a sour cream & parsley sauce. These share a plate with a creamy potato mash and charred corn, fresh greens & cucumber salad. A five-star South African take on a classic meat, potato & veg combo.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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Simple & Save

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 Deetlefs Wine Estate | Deetlefs Stonecross  
Malbec

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## Ingredients & Prep

800g	Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
120ml	Sour Cream
40ml	Lemon Juice
200g	Cucumber <i>rinse &amp; roughly dice</i>
200g	Corn
600g	Ostrich Strips
20ml	NOMU Peri-peri Rub
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
80g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. SOME PREP** Loosen the sour cream with 4 tbsp of water and set aside. In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Toss through the diced cucumber.

**3. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FRY THE STRIPS** Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. You may need to do this step in batches. Add the loosened sour cream, ½ the chopped parsley, and seasoning.

**5. FRESH SALAD** Just before serving, add the shredded salad leaves and the charred corn to the bowl with the cucumber. Toss to combine and season.

**6. TIME TO EAT** Plate up the mash. Side with the creamy strips and the fresh salad. Garnish with a sprinkle of the remaining parsley.

## Nutritional Information

Per 100g

Energy	460kJ
Energy	110kcal
Protein	7.6g
Carbs	11g
of which sugars	1.3g
Fibre	2g
Fat	4.1g
of which saturated	1.4g
Sodium	63mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
4 Days