



BBQ Glazed Ostrich & Baby Potatoes

with a fresh tomato & cucumber salad

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	287.9kJ	1943.1kJ
Energy	68.9kcal	465kcal
Protein	5.9g	39.7g
Carbs	7.2g	48.8g
of which sugars	2.4g	16.4g
Fibre	1.3g	8.5g
Fat	1.5g	10.1g
of which saturated	0.3g	1.9g
Sodium	112.3mg	758mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	Serves 4	
600g	800g	Baby Potatoes <i>rinse & cut in half</i>
15ml	20ml	Dried Oregano
120g	160g	Kale <i>rinse & roughly shred</i>
450g	600g	Free-range Ostrich Fillet
120ml	160ml	BBQ Sauce (90ml [120ml] Carb Smart BBQ Sauce & 30ml [40ml] The Sauce Queen Smokey BBQ Sauce)
15ml	20ml	NOMU BBQ Rub
300g	400g	Cucumber <i>rinse & cut into rounds</i>
60ml	80ml	Honey Mustard Dressing (30ml [40ml] Honey Mustard Dressing & 30ml [40ml] White Wine Vinegar)
2	2	Tomatoes <i>rinse & cut into rounds</i>

- 1. ROAST** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in the oregano, lightly spray with cooking spray, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. CRISPY KALE** Place the kale in a separate roasting tray and lightly coat in cooking spray and seasoning. Using your hands, massage until softened and coated. When the potatoes have 8-10 minutes to go, scatter over the dressed kale and roast for the remaining time until crispy.
- 3. OSTRICH** Place a pan over medium-high heat and lightly spray with cooking spray. Pat the ostrich dry with paper towel and coat with the NOMU rub and season. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with the BBQ sauce. Remove from the pan with all the pan juices and set aside to rest for 5 minutes before slicing.
- 4. SALAD** In a salad bowl, combine the cucumber, the kale, the mustard dressing, and season. In a separate bowl, season the tomato, and set aside.
- 5. DINNER IS READY** Plate the potatoes. On the side, layer the tomatoes first, then top with the dressed salad. Serve the ostrich slices alongside, spooning over all the pan juices. Dig in, Chef!

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray