



U C O O K

— COOKING MADE EASY

Steakhouse Ostrich & Truffled Roasties

with coffee-caramelised onions & toasted sunflower seeds

No need to leave home for a weeknight steakhouse dinner! Your seared ostrich steak is covered in a layer of silky onions, caramelised in coffee rub. It's accompanied by a rocket and cucumber salad and decadent roast baby potatoes, dripped with truffle oil.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Nicole Hopper

 **Easy Peasy**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed</i>
10g	Sunflower Seeds
1	Onion <i>peeled & thinly sliced</i>
7.5ml	NOMU Coffee Rub
15ml	Truffle Oil
160g	Ostrich Steak
20g	Wild Rocket <i>rinsed</i>
50g	Cucumber <i>thinly sliced into half-moons</i>
15ml	Red Wine Vinegar
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>

From Your Kitchen

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

1. PARBOIL THE POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, remove the lid and reduce the heat. Allow to simmer for 10-15 minutes until easily pierced with a fork but still firm. Drain on completion and return to the pot.

2. SUNNY SEEDS Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. On completion, place in a bowl and set aside to cool.

3. CARMELISE THE ONIONS Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, mix in the Coffee Rub and a sweetener of choice (both to taste). Remove from the pan on completion, cover to keep warm, and set aside for serving.

4. WHILE THE ONIONS ARE FRYING... Place the parboiled potatoes on a lightly greased roasting tray and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin but keeping them in one piece. Drizzle over the truffle oil and season. Roast in the hot oven for 15-20 minutes until crispy and golden.

5. STEAK & SALAD When the potatoes reach the halfway mark, return the pan to a medium heat with another drizzle of oil. Pat the ostrich steak dry with paper towel and season. When the pan is hot, fry the steak for 6-8 minutes, shifting as it colours until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final minute, use a knob of butter to baste the steak (optional). Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Place the rinsed rocket and cucumber half-moons in the bowl of sunflower seeds. Add a drizzle of olive oil and the red wine vinegar to taste. Toss to coat and season to taste.

6. STEAKHOUSE DINNER Dish up the truffled roasties alongside the juicy ostrich steak slices. Either pile the coffee-caramelised onions on top of the steak, or serve on the side. Plate up some peppery rocket salad and garnish with the fresh, chopped parsley. Excellent work, Chef!



Chef's Tip

Caramelised onions reach their full silky potential when sliced very finely and cooked very slowly. If you have the time, fry yours over a low heat (instead of medium) and add on an extra 10-15 minutes cooking time. Stir in a knob of butter towards the end for even creamier results!

Nutritional Information

Per 100g

Energy	440kj
Energy	105Kcal
Protein	7g
Carbs	9g
of which sugars	2.5g
Fibre	1.1g
Fat	4g
of which saturated	0.7g
Sodium	115mg

Allergens

Allium, Sulphites

Cook
within
4 Days