Eat Within 3 Days

UCOOK

Tangy Lemon Mash & Ostrich

with a charred corn salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	350kJ	1690kJ
Energy	84kcal	404kcal
Protein	8.5g	41g
Carbs	9.9g	47.7g
of which sugars	1.3g	6.4g
Fibre	1.5g	7g
Fat	1.2g	5.8g
of which saturated	0.4g	1.7g
Sodium	168.2mg	878.5mg

Allergens: Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel & cut into* *bite-sized pieces*
10ml	20ml	Lemon Juice
40g	80g	Corn
160g	320g	Free-range Ostrich Steak
5ml	10ml	NOMU One For All Rub
20g	40g	Salad Leaves *rinse & roughly shred*
50g	100g	Cucumber *rinse & cut into half-moons*

From Your Kitchen

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

1. LEMONY MASH Place the potato in a pot of salted water. Boil until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice, and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SWEET CORN Place a pan over medium-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.

3. BUTTERY OSTRICH 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 and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. ASSEMBLE THE SALAD In a bowl, combine the salad leaves, the cucumber, the corn, a drizzle of olive oil, and seasoning.

5. O-YUM DINNER Dish up the lemony mash. Side with the ostrich, and the charred corn salad. Enjoy, Chef!