



UCOOK

Out-of-this-World Ostrich Fillet

with onion sauce, pumpkin & fresh green leaves

Succulent ostrich fillet and a luxurious onion sauce: every foodie's true dream team! Add a basting of NOMU Roast Rub, sumptuous pumpkin honey-mustard mash, and a toasted pumpkin seed salad, and you're A for away!

Hands-on Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Carb Conscious

 Alvi's Drift | 221 Pinotage

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Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
180ml	Honey-mustard Sauce <i>(120ml Low Fat Plain Yoghurt, 45ml Wholegrain Mustard & 15ml Honey)</i>
30g	Pumpkin Seeds
2	Onions <i>1½ peeled & sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
450g	Free-range Ostrich Fillet
30ml	NOMU Roast Rub
60g	Green Leaves <i>rinsed</i>
240g	Baby Tomatoes <i>halved</i>

From Your Kitchen

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

1. SWEET MASH Place the pumpkin pieces in a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), ¼ of the honey mustard sauce, and a splash of water or milk. Mash with a fork, season, and cover.

2. TOAST TIME! 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.

3. MUSTARD SAUCE Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onions until golden, 5-6 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the heat and stir through the remaining mustard sauce. Loosen with a splash of warm water (if necessary). Season and cover.

4. SIZZLING STEAK Place a clean pan over 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.

5. SALAD In a salad bowl, combine the rinsed green leaves, the halved tomatoes, a drizzle of olive oil, and seasoning.

6. INDULGENT Plate up the pumpkin mash. Side with the fragrant ostrich slices and drizzle over any remaining pan juices and the caramelised onion sauce. Serve with the fresh salad sprinkled with the toasted seeds. You're a natural, Chef!

Nutritional Information

Per 100g

Energy	308kj
Energy	74kcal
Protein	6.5g
Carbs	8g
of which sugars	3.2g
Fibre	1.9g
Fat	1.6g
of which saturated	0.4g
Sodium	120mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days