



UCOOK

Creamy Peppercorn Ostrich

with sweet potato wedges & pea salad


There's nothing quite like a sizzling, flavoursome steak with a crème fraîche and cracked black pepper sauce to get you feeling invigorated. This timeless classic is served with roasted sweet potato wedges and a leafy pea salad, all topped with popping pumpkin seeds.


Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Ella Nasser

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Syrah

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & sliced into wedges</i>
5g	Fresh Rosemary <i>rinsed</i>
30g	Pumpkin Seeds
1 sachet	Willow Creek Cabernet Sauvignon Vinegar
10ml	Beef Stock
320g	Ostrich Steak
2	Garlic Cloves <i>peeled & grated</i>
10ml	Black Pepper
60ml	Crème Fraîche
40g	Salad Leaves <i>rinsed</i>
100g	Peas

From Your Kitchen

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

1. ROASTY 'TATOES Preheat the oven to 200°C. Spread out the sweet potato wedges, and the rinsed rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. POPPIN' SEEDS! Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. PREP STEP Boil the kettle. Place the cab sauv vinegar and 2 tbsps of olive oil in a bowl. Mix in 2 tsps of a sweetener of choice until mostly dissolved. Dilute the stock with 80ml of boiling water. Set the dressing and stock aside.

4. JUICY STEAK When the sweet potato wedges reach the halfway mark, return the pan to a medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, baste the steak with a knob of butter (optional). Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing. Lightly season the slices.

5. SAUCE & SALAD Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, sauté the grated garlic and crushed black pepper for 30-60 seconds until fragrant. Stir in the diluted stock and simmer for 3-4 minutes until slightly reduced. Remove from the heat, whisk in the crème fraîche, and season to taste. Toss the rinsed salad leaves and peas together with the dressing to taste.

6. ET VOILÀ! Dish up the juicy slices of steak and drizzle over the creamy black pepper sauce. Place the roast sweet potato wedges and the dressed salad on the side. Sprinkle over the toasted pumpkin seeds. You just can't beat the classics!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl!

Nutritional Information

Per 100g

Energy	531kj
Energy	127Kcal
Protein	8.1g
Carbs	10g
of which sugars	4.1g
Fibre	2g
Fat	4.9g
of which saturated	2.1g
Sodium	180mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days