



UCCOOK

Ostrich & Italian-style Sauce

with roasted baby potatoes & fresh parsley

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	381kJ	2528kJ
Energy	91kcal	605kcal
Protein	6.4g	42.2g
Carbs	9g	61g
of which sugars	2.5g	16.9g
Fibre	1.2g	8.1g
Fat	2.5g	16.5g
of which saturated	0.7g	4.6g
Sodium	250mg	1043mg

Allergens: Cow's Milk, Egg, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & cut into wedges</i>
7,5ml	15ml	NOMU Cajun Rub
150g	300g	Free-range Ostrich Strips
1	1	Onion <i>peel & roughly slice ½ [1]</i>
100ml	200ml	Tomato Passata
20ml	40ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. ROAST TATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. 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. TASTY OSTRICH Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the remaining NOMU rub and fry until fragrant, 30-60 seconds. Add the tomato passata and 100ml [200ml] of water. Simmer until reduced, 10-12 minutes. In the final 1-2 minutes, add the browned ostrich pieces, a sweetener (to taste), and seasoning.

4. TIME TO DINE Plate up the roasted potatoes, side with the saucy ostrich, and sprinkle over the grated hard cheese. Garnish with the fresh parsley. Nicely done, Chef!