



# UCCOOK

## Ostrich Fillet & Shoestring Fries

with onion gravy & a fresh salad

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Bertha Wines | Bertha Shiraz

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 344kJ    | 1958kJ      |
| Energy             | 82kcal   | 468kcal     |
| Protein            | 7.4g     | 42.2g       |
| Carbs              | 10g      | 58g         |
| of which sugars    | 1.9g     | 10.7g       |
| Fibre              | 1.5g     | 8.7g        |
| Fat                | 1.3g     | 7.6g        |
| of which saturated | 0.5g     | 2.6g        |
| Sodium             | 79mg     | 447mg       |

**Allergens:** Cow's Milk, Egg, Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                   |
|----------|------------|-------------------------------------------------------------------|
| 5ml      | 10ml       | Beef Stock                                                        |
| 5ml      | 10ml       | Cornflour                                                         |
| 1        | 1          | Onion<br><i>cut in half &amp; thinly slice ½ [1]</i>              |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                           |
| 200g     | 400g       | Potato<br><i>rinse, slice into thin matchsticks &amp; pat dry</i> |
| 15ml     | 30ml       | Grated Italian-style Hard Cheese                                  |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i>             |
| 150g     | 300g       | Free-range Ostrich Fillet                                         |
| 5ml      | 10ml       | NOMU Roast Rub                                                    |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                  |
| 20g      | 40g        | Radish<br><i>rinse &amp; slice into thin rounds</i>               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. START THE GRAVY TRAIN** Boil the kettle. Dilute the stock with 150ml [300ml] of boiling water. Place the cornflour in a small bowl and gradually mix in 5ml [10ml] of the diluted stock until a runny paste. Set aside. Place a pan over medium heat with a drizzle of oil or a knob of butter. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally).

**2. PICKING UP SPEED** When the onion is caramelised, add the garlic to the pan and fry until fragrant, 30-60 seconds (shifting continuously). Stir in the diluted stock and the cornflour slurry. Lower the heat and reduce until slightly thickened, 6-8 minutes (stirring occasionally). Add a sweetener (to taste). Remove from the heat and season. Cover, and set aside.

**3. MAKE SOME FANCY FRIES** Place a clean pan over medium-high heat with enough oil to cover the base. Once hot, fry the potato matchsticks until golden and crispy, 7-10 minutes. Drain on paper towel and toss through the cheese, ½ the parsley, and season.

**4. FAB FILLET** 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, 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. FRESH SIDE** In a salad bowl, combine the salad leaves, the radish, a drizzle of olive oil, and season.

**6. DIG IN!** Serve up the fillet slices. Pour over the onion gravy. Side with the shoestring fries and the fresh salad. Garnish with the remaining parsley and there you have it!

**Chef's Tip** Placing the potatoes in the ice water helps to remove excess starch and prevent them from getting soggy during frying. You can soak them for up to 24 hours, the longer the better!