



UCOOK

Creamy Pepper Sauce & Ostrich Rump

with roasted baby potatoes

Life's too short to make pepper sauce from powder in a packet, Chef! Learn how to make a homemade pepper sauce, which you will pour over butter-basted ostrich steak slices, infused with garlic & fresh thyme. Sided with Greek salt-spiced roast potatoes & dressed greens.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

200g	Baby Potatoes <i>rinse & cut in half</i>
5ml	Greek Salt
160g	Ostrich Steak
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Thyme <i>rinse</i>
10ml	Pepper & Flour <i>(5ml Crushed Black Peppercorns & 5ml Cornflour)</i>
50ml	Low Fat UHT Milk
20g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and the Greek salt. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. STEAK When the roast has 15-20 minutes to go, 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, the grated garlic, and the rinsed thyme sprigs. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. BLACK PEPPER SAUCE Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. Add the pepper & flour and fry until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens slightly. Remove from the heat and season to taste. Loosen with a splash of warm water if it's too thick.

4. FRESH LEAVES Dress the rinsed leaves with a drizzle of olive oil and season.

5. TIME TO EAT Plate up the roasted potatoes, side with the ostrich slices, drizzle over the pepper sauce, and serve alongside the fresh leaves. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and the Greek salt. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	9.2g
Carbs	10g
of which sugars	2.1g
Fibre	1.5g
Fat	1.8g
of which saturated	0.7g
Sodium	487mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days