

UCOOK

Lemon Mash & Ostrich Steak

with a charred corn salad

You've probably tried it with herbs or spices, but what about lemon juice, Chef? These zesty, butter mash potatoes will add a zing to this already fantastically flavourful meal of NOMU Provençal Blend-spiced browned ostrich with a side salad with sweet pops of corn, cooling cucumber & fresh greens.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save

Stettyn Wines | Stettyn Family Range Merlot

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10ml	Lemon Juice
40g	Corn
160g	Ostrich Steak
5ml	NOMU Provençal Rub
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

1. LEMONY MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), the lemon juice, and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERY OSTRICH Return the pan to 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.

4. ASSEMBLE THE SALAD In a bowl, combine the rinsed leaves, the cucumber half-moons, the charred corn, a drizzle of olive oil, and seasoning.

5. O-YUM DINNER Dish up the lemony mash. Side with the ostrich slices, and the charred corn salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	348kj
Energy	83kcal
Protein	8.5g
Carbs	10g
of which sugars	1.3g
Fibre	1.5g
Fat	1.2g
of which saturated	0.4g
Sodium	35mg

Allergens

Cow's Milk

Eat
Within
3 Days