



QCOOK

Potato au Gratin & Ostrich Fillet

with caramelised onion & a cucumber ribbon salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	358.2kJ	2590kJ
Energy	85.7kcal	619kcal
Protein	6.8g	49.1g
Carbs	8.2g	59.3g
of which sugars	1.9g	13.7g
Fibre	1.2g	9g
Fat	2.8g	20.5g
of which saturated	1.3g	9.2g
Sodium	89.7mg	648.7mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice ½ [1]</i>
5ml	10ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
1	1	Garlic Clove <i>peel & grate</i>
30g	60g	Grated Cheddar Cheese
200g	400g	Potato <i>rinse, peel & thinly slice into rounds</i>
100g	200g	Cucumber <i>rinse, trim & peel into ribbons</i>
5g	10g	Fresh Basil <i>rinse, pick & roughly tear</i>
10ml	20ml	Lemon Juice
20g	40g	Pitted Green Olives <i>drain & roughly chop</i>
150g	300g	Free-range Ostrich Fillet

From Your Kitchen

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

1. CARMELISED ONIONS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and set aside.

2. READY THE ROUX Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and the garlic. Once the milk is incorporated, add ½ the cheese. Season and remove from the heat. Mix through the potato and the caramelised onions. Add a splash of water or milk (optional) if the sauce is too thick.

3. ASSEMBLE THE GRATIN Lightly grease a shallow ovenproof dish and spread out the potato and caramelised onion mixture. Scatter over the remaining cheese. Roast in the hot oven until the potatoes are soft (when poked with a knife), 25-30 minutes. In the final 5 minutes, turn the heat up to grill to brown the cheese.

4. FRESHNESS In a salad bowl, toss together the cucumber, basil, lemon juice (to taste), olives, a drizzle of olive oil, and seasoning. Set aside.

5. OH-YUM OSTRICH Place a clean 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. RESTAURANT QUALITY MEAL Plate up the juicy ostrich slices alongside the creamy potato gratin. Serve the fresh salad on the side and get ready to dive in!