

UCCOOK

BBQ Glazed Ostrich & Baby Potatoes

with a fresh tomato & cucumber salad

Hands-on Time: 20 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	259kj	2007kj
Energy	62kcal	480kcal
Protein	5.1g	39.8g
Carbs	7g	51g
of which sugars	3g	20g
Fibre	1g	8g
Fat	1.3g	9.8g
of which saturated	0.2g	1.9g
Sodium	96.1mg	744.4mg

Allergens: Allium, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Dried Oregano
100g	200g	Cucumber <i>rinse & cut in half lengthways</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20ml	40ml	Honey Mustard Dressing <i>(10ml [20ml] Honey Mustard Dressing & 10ml [20ml] White Wine Vinegar)</i>
1	1	Tomato <i>rinse & cut into rounds</i>
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU BBQ Rub
40ml	80ml	BBQ Sauce <i>(30ml [60ml] Carb Smart BBQ Sauce & 10ml [20ml] The Sauce Queen Smokey BBQ Sauce)</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in the oregano, lightly spray with cooking spray, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SALAD In a salad bowl, combine the cucumber, the salad leaves, the mustard dressing, and season. In a separate bowl, season the tomato and set aside.

3. OSTRICH Place a pan over medium-high heat and lightly spray with cooking spray. Pat the ostrich dry with paper towel and coat with the NOMU rub and season. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with the BBQ sauce. Remove from the pan with all the pan juices and set aside to rest for 5 minutes before slicing.

4. DINNER IS READY Plate the potatoes. On the side, layer the tomato first, then top with the dressed salad. Serve the ostrich slices alongside, spooning over all the pan juices. Dig in, Chef!