



UCOOK

Asian Ostrich Steak Salad

with avocado, baby tomatoes & pumpkin seeds

Local is lekker, Chef! Featuring this uniquely South African meat, butter-basted ostrich slices sit atop a refreshing salad. What puts the 'yum' in this one is our special UCOOK Asian sauce that coats all the ingredients, plus the Everything Bagel Spice Blend that is sure to turn your taste buds on.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Muratie Wine Estate | Muratie Melck's Blended Red 2020

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Ingredients & Prep

160g	Free-range Ostrich Steak
1	Onion <i>peel & cut into thin wedges</i>
1	Avocado
1	Tomato <i>rinse & roughly dice</i>
40g	Green Leaves <i>rinse</i>
10g	Pumpkin Seeds
1 unit	UCOOK Asian Sauce
10ml	Everything Bagel Spice Blend

From Your Kitchen

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

1. OSTRICH Boil a kettle. 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. Remove from the pan with all the pan juices, and set aside to rest for 5 minutes before slicing and seasoning.

2. ONION Return the pan to medium-high heat with a drizzle of oil, if necessary. When hot, fry the onion wedges until lightly golden, 4-5 minutes. Remove from the heat.

3. AVO PREP Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

4. JUST BEFORE SERVING In a salad bowl, combine the diced tomatoes, the rinsed green leaves, the golden onion, the pumpkin seeds, and a drizzle of olive oil. Toss to combine and season. Place the Asian sauce in a bowl. Whisk in boiling water in 10ml increments until smooth and silky.

5. DINNER IS READY Make a bed of the salad, arrange the ostrich slices on top, and drizzle over the silky Asian sauce (to taste). Add the avocado slices and sprinkle over the Everything Bagel Spice blend. Well done, Chef!

Nutritional Information

Per 100g

Energy	524kj
Energy	125kcal
Protein	7.5g
Carbs	7g
of which sugars	3.2g
Fibre	2.4g
Fat	7.1g
of which saturated	1.2g
Sodium	315mg

Allergens

Gluten, Allium, Sesame, Wheat, Fish, Soy, Cow's Milk, Shellfish

Cook
within
4 Days