



UCCOOK

Tangy Lemon Mash & Ostrich

with a charred corn salad

Hands-on Time: 45 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	436kJ	2064kJ
Energy	104kcal	494kcal
Protein	8.1g	38.1g
Carbs	11g	51g
of which sugars	1g	4.7g
Fibre	2g	9.6g
Fat	3.2g	15g
of which saturated	0.8g	4g
Sodium	51mg	242mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
30ml	40ml	Lemon Juice
120g	160g	Corn
450g	600g	Free-range Ostrich Strips
15ml	20ml	NOMU One For All Rub
60g	80g	Green Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Butter
Seasoning (salt & pepper)

1. LEMONY MASH Place the potato in a pot of salted water. Boil 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, 4-6 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, fry the ostrich until browned, 1-2 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan and season.

4. ASSEMBLE THE SALAD In a bowl, combine the green leaves, the cucumber, the corn, a drizzle of olive oil, and seasoning.

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