



UCOOK

Ostrich Fillet & Herby Butter

with a fresh Greek-style salad

Succulent ostrich fillet slices are drizzled with a decadent herby butter loaded with garlic, thyme, and parsley. It is sided with a fresh Greek-style salad loaded with tomatoes, cucumber, sourdough croutons and salty feta. So succulent, so delicious, so easy!

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Boschendal | 1685 Merlot

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Sourdough Baguette <i>½ cut into bite-sized chunks</i>
150g	Free-range Ostrich Fillet
5ml	Dried Thyme
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
100g	Cucumber <i>cut into bite-sized chunks</i>
1	Tomato <i>cut into bite-sized chunks</i>
25g	Pitted Kalamata Olives <i>drained & cut in half</i>
40g	Danish-style Feta <i>drained</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
10ml	Red Wine Vinegar

From Your Kitchen

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

1. CRISPY CROUTONS In a bowl, combine 1 tsp of oil and some seasoning. Add the baguette chunks and toss until fully coated. Place a pan over a medium heat and add the baguette chunks. Brown for 3-5 minutes until golden and crispy, shifting as they colour. Remove from the pan on completion.

2. OSTRICH MOMENT Return the pan to a medium heat with a drizzle of oil. Pat the ostrich steak dry with some paper towel. When the pan is hot, fry the steak for 2-3 minutes per side, until browned all over and cooked to your preference (this time frame will yield a medium-rare result.) Remove from the pan, reserving any pan juices, and set aside. Allow to rest for 5 minutes before thinly slicing. Lightly season the slices.

3. HERBY BUTTER Return the pan, with the pan juices, to a medium-high heat with 30g of butter. Once melted, remove from the heat and add the dried thyme, the grated garlic (to taste), and ½ the chopped parsley.

4. TOSS TOGETHER In a salad bowl, combine the cucumber chunks, tomato chunks, halved olives, drained feta, pepper pieces, sourdough croutons, vinegar, a drizzle of oil, and some seasoning.

5. DINNER IS AT (OSTRICH) STAKE! Plate up the juice ostrich slices and drizzle over the herby butter. Side with the fresh Greek-style salad and sprinkle over the remaining parsley. Beautiful work, Chef!

Nutritional Information

Per 100g

Energy	418kJ
Energy	100Kcal
Protein	7.4g
Carbs	11g
of which sugars	2.4g
Fibre	1.2g
Fat	2.9g
of which saturated	1.3g
Sodium	193mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days