



# U C O O K

— COOKING MADE EASY

## El Capitan Ostrich Steak

with sticky BBQ beans & chive-infused  
crème fraîche

Not called 'the captain' of ostrich steaks for nothing! This big shot is light on time and prep but packs a mighty flavour punch: juicy, Cajun-spiced ostrich, corn and kidney beans fried in BBQ sauce, crunchy pickled slaw, and blobs of chive crème.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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 **Easy Peasy**

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## Ingredients & Prep

75ml	Brown Basmati Rice
100g	Shredded Cabbage & Julienne Carrot
10ml	White Wine Vinegar
50ml	Crème Fraîche
3g	Fresh Chives <i>rinsed &amp; finely chopped</i>
40g	Corn
120g	Kidney Beans <i>drained &amp; rinsed</i>
30ml	Clarks Kitchen Bourbon BBQ Sauce
160g	Ostrich Steak
5ml	NOMU Cajun Rub
20g	Green Leaves <i>rinsed &amp; gently shredded</i>

## From Your Kitchen

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

**1. BOIL THE BASMATI** Rinse the rice and place in a pot over a medium-high heat. Submerge in 200ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary.

**2. SNAZZY SIDES** Place the cabbage and carrot in a bowl with a pinch of salt and the white wine vinegar. Using your hands, toss for a full minute to coat. Set aside to pickle until serving. In a bowl, combine the crème fraîche with three-quarters of the chopped chives. Season to taste and set aside for serving.

**3. STICKY BBQ BEANS & CORN** Place a nonstick pan over a high heat with a drizzle of oil or knob of butter. When hot, char the corn for 3-4 minutes, shifting occasionally. Stir in the drained kidney beans, the Bourbon BBQ sauce, and 1 tbsp of water. Simmer for 1-2 minutes until heated through and sticky. Remove from the pan on completion, cover to keep warm, and set aside until serving.

**4. SEAR THE SULTRY OSTRICH** Pat the ostrich steak dry with some paper towel and coat in the Cajun Rub to taste. Wipe down the pan and return it to a medium heat with a drizzle of oil. When hot, fry the steak for 8-10 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, use a knob of butter to baste the steak. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

**5. TEX-MEX PLATE UP!** Dish up a heap of nutty rice and cover in the BBQ beans and corn. Arrange the steak slices, pickled slaw, and shredded green leaves alongside it. Top with a hearty dollop of the chive crème and garnish with the remaining chopped chives. Time to devour!



## Chef's Tip

Ingredients for Clarks Kitchen Bourbon BBQ Sauce: Tomato paste, Vegetable oil (Canola seed), Vinegar, Molasses, Water, Jack Daniels Bourbon, Garlic, Salt, Mustard, Spices.

## Nutritional Information

Per 100g

Energy	643kJ
Energy	154Kcal
Protein	9.1g
Carbs	16g
of which sugars	2.6g
Fibre	3.1g
Fat	5.5g
of which saturated	2.4g
Sodium	127mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within  
4 Days