



# UCOOK

## BBQ Ostrich Strips

with roasted baby potatoes & a fresh salad

This recipe is perfect for those days where you don't want to complicate things in the kitchen (but still sit down to a delish dinner, of course). A side of oven roasted baby potatoes accompany butter-basted, BBQ-glazed ostrich strips, plus a dressed salad. Finished with fresh parsley.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 Simple & Save

---

 Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

---

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

## Ingredients & Prep

250g	Baby Potato <i>rinse &amp; halve</i>
1	Tomato <i>rinse &amp; roughly dice</i>
50g	Cucumber <i>rinse &amp; roughly dice</i>
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
150g	Ostrich Strips
30ml	BBQ Sauce

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. BEGIN WITH BABY POTATOES** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. SIMPLE DRESSED SALAD** In a bowl, combine the diced tomato, the diced cucumber, ½ the chopped parsley, a drizzle of olive oil, a sweetener, a splash of water, and seasoning. Set aside.

**3. BBQ OSTRICH** Place a pan over 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). In the final 30 seconds, baste with the BBQ sauce. Remove from the pan, reserving any pan juices, and season.

**4. DONE ALREADY?** Plate up the roasted potatoes and the BBQ ostrich drizzled with any remaining pan juices. Serve the cucumber & tomato salad on the side. Garnish it all with the remaining parsley.



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	6.7g
Carbs	12g
of which sugars	4.7g
Fibre	0.8g
Fat	2.4g
of which saturated	0.6g
Sodium	105mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days