



# UCOOK

## Provençal Ostrich Steak

with roasted butternut & onion

This fragrant ostrich fillet is seasoned with French herbs and sits atop a bed of roasted butternut and onion. Sided with a vibrant tzatziki & cabbage slaw with a kick of fresh chilli. Scatterings of toasted pecans end off this flavoursome delight.

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Samantha Finnegan

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 Carb Conscious

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 Paserene | Dark Shiraz

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## Ingredients & Prep

250g	Butternut Chunks <i>rinsed &amp; cut into bite-sized pieces</i>
1	Onion <i>peeled &amp; cut into wedges</i>
3g	Fresh Thyme <i>rinsed &amp; picked</i>
15g	Pecan Nuts <i>roughly chopped</i>
7,5ml	Willow Creek Cabernet Sauvignon Vinegar
100g	Cabbage <i>rinsed &amp; roughly shredded</i>
60ml	Tzatziki
1	Fresh Chilli <i>rinsed, trimmed, deseeded &amp; thinly sliced</i>
160g	Free-range Ostrich Steak
10ml	NOMU Provençal Rub

## From Your Kitchen

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

**1. THYME TO ROAST** Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil, ½ the picked thyme, and seasoning. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway).

**2. YES, PE-CAN!** Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SLAY THE SLAW** In a bowl, combine the vinegar and 2 tsp of olive oil. Add the shredded cabbage, ¾ of the tzatziki, the remaining thyme, the sliced chilli (to taste), and seasoning. Toss until combined. Set aside.

**4. RICH OSTRICH** Return the pan to 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 and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

**5. CLASSIC ONE!** Plate up the roasted butternut & onion alongside the sliced ostrich drizzled with the reserved pan juices. Side with the tzatziki slaw. Scatter over the toasted pecans and any remaining chilli (to taste). Serve the remaining tzatziki on the side. Bon appétit, Chef!



## Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, ½ the picked thyme, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	366kj
Energy	87kcal
Protein	6.8g
Carbs	7g
of which sugars	2.8g
Fibre	1.8g
Fat	3g
of which saturated	0.5g
Sodium	99mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days