

UCCOOK

Succulent Ostrich & Whiskey Sauce

with fondant baby potatoes & green beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Painted Wolf Wines | The Pack Darius Carignan

Nutritional Info

	Per 100g	Per Portion
Energy	448kJ	3168kJ
Energy	107kcal	758kcal
Protein	6.4g	45.5g
Carbs	9g	63g
of which sugars	2.5g	17.6g
Fibre	1.7g	12.3g
Fat	4g	28.1g
of which saturated	1.8g	12.9g
Sodium	37mg	262mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts, Alcohol

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Beef Stock
10g	20g	Almonds
80g	160g	Green Beans <i>rinse, trim & cut in half</i>
1	2	Garlic Clove/s <i>peel & grate</i>
160g	320g	Free-range Ostrich Steak
1	1	Onion <i>peel & finely slice ½ [1]</i>
20ml	40ml	Whiskey
50ml	100ml	Fresh Cream
20g	40g	Green Leaves <i>rinse</i>
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BABY POTATOES Boil the kettle. Place a deep pan (with a lid) over medium heat with a drizzle of oil and a knob of butter. When hot, fry the baby potatoes, cut-side down, until starting to brown, 3-4 minutes. Add 100ml [200ml] of boiling water and 1/2 the stock. Cover and simmer until soft, 15-20 minutes. Add a splash of water (if necessary).

2. ALL OF THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. IT'S A GO FOR THE GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic. Remove from the pan, season, and cover.

4. BUTTER-BASTED OSTRICH STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel, 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. IT'S WHISKEY O'CLOCK Return the pan to medium heat with a drizzle of oil and a knob of butter, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the whiskey and simmer until almost all evaporated, 1-2 minutes. Reduce the heat and add the remaining stock, 30ml [60ml] of boiling water, and the cream. Simmer until slightly reduced and thickened, 3-5 [4-6] minutes (stirring occasionally). Season.

6. FRESHNESS To a salad bowl, add the green leaves and the charred green beans. Toss with the lemon juice (to taste), the toasted nuts, a drizzle of olive oil, and seasoning.

7. A SENSATIONAL DINNER Plate up the green bean salad. Serve with the ostrich slices doused in the whiskey sauce. Pile on the fondant baby potatoes and garnish with the parsley. Dive in, Chef!