



UCOOK

Nutritious Ostrich Steak

with sweet potatoes, tomato salad & garlicky green beans

A classic number; the sizzling ostrich steak, the crispy, low carb, sweet potato chunks, the zingy tomato and crunchy green salad accompaniment, the garlicky infused green beans, and a sprinkle of pecan nuts. Classic, nutritious and downright wholesome.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized pieces</i>
80g	Baby Tomatoes <i>halved</i>
30ml	Pickling Liquid <i>(20ml Red Wine Vinegar & 10ml Honey)</i>
15g	Pecan Nuts
80g	Green Beans <i>trimmed & slice into thirds</i>
1	Garlic Clove <i>peeled & grated</i>
20g	Salad Leaves <i>rinsed</i>
160g	Free-range Ostrich Steak
5ml	NOMU African Rub
3g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. SWEET N' CRISPY Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. ZING & NUTS Place the halved baby tomatoes into a bowl with the pickling liquid and seasoning. Toss to combine and set aside. Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. GARLICKY BEANS & SALADY THINGS Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced green beans 4-5 minutes until lightly charred. In the final 1-2 minutes, add a knob of butter (optional) and the grated garlic. Season and remove from the heat. Cover to keep warm. Add the rinsed leaves to the bowl of tomatoes with 5ml of olive oil, season and toss to combine.

4. PEPPERY STEAK Return the pan, wiped down if necessary, with a drizzle of oil to a medium-high heat. Pat the ostrich steak dry with some paper towel and season with some pepper. When the pan is hot, fry the steak for 2-3 minutes per side. (The time frame recommended will yield a medium-rare result.) In the final 1-2 minutes baste the steak with African rub and oil or a knob of butter (optional). Remove from the pan on completion. Allow to rest for 5 minutes before thinly slicing and lightly seasoning with salt.

5. SIMPLY SUMPTUOUS Plate up the crispy sweet potato alongside the garlicky green beans and juicy steak slices. Serve the salad on the side. Garnish with chopped parsley and toasted pecan nuts. Brilliant Chef!



Chef's Tip

To make sure your sweet potato chunks do get golden and crispy, spread them out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

Nutritional Information

Per 100g

Energy	388kj
Energy	93Kcal
Protein	6.4g
Carbs	10g
of which sugars	5.1g
Fibre	1.8g
Fat	2.6g
of which saturated	0.4g
Sodium	62mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days