



# UCOOK

## Sesame-crusted Ostrich Fillet

with gochujang potato wedges

If you like exploring unique and surprising cuisines, you'll love this recipe, Chef! Gochujang-coated potato wedges are crisped up in the oven, then sided with sesame seed-crusted ostrich fillet slices. A side of pickled cucumber, edamame beans & greens salad, a Kewpie mayo dip and a special tonkatsu drizzle make this an unforgettable meal.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Adventurous Foodie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

200g	Potato <i>rinse &amp; cut into wedges</i>
10ml	Lemon Juice
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
50g	Edamame Beans
25ml	Tonkatsu Sauce <i>(10ml Oyster Sauce, 10ml Tomato Sauce &amp; 5ml Worcestershire Sauce)</i>
15ml	Mixed Sesame Seeds
10ml	Gochujang
150g	Free-range Ostrich Fillet
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
50ml	Kewpie Mayo

## From Your Kitchen

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

**1. CRISPY WEDGES** Boil the kettle. Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. PICKLED CUCUMBER & PLUMP BEANS** In a bowl, add the lemon juice (to taste), 1 tbsp of water, seasoning, and a sweetener (to taste). Mix until the sweetener is fully dissolved. Add the cucumber ribbons, toss until fully combined, and set aside. Submerge the beans in boiling water for 2-3 minutes until plump and heated through. Drain on completion.

**3. SAUCES & SESAME SEEDS** In a bowl, combine the tonkatsu sauce, seasoning, and 1 tsp of a sweetener. Set aside. Place the mixed sesame seeds on a shallow dish or plate and set aside. Loosen the gochujang with a drizzle of oil.

**4. FANCY OSTRICH STEAK** Place a pan over 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. Remove from the pan and set aside to rest for 5 minutes. Roll the ostrich through the sesame seeds until well coated. Gently slice and season.

**5. GO GO GOCHUJANG** When the potato wedges have 10 minutes remaining, remove the tray from the oven and coat the potato wedges in the loosened gochujang paste — use it to taste, it's spicy! Return to the oven for the remaining roasting time until cooked through and crisping up. Drain the pickling liquid from the cucumber ribbons and toss with the plump beans, and the shredded leaves.

**6. KOREAN-JAPANESE FUSION FEAST** Plate up the spicy potato wedges and side with the sesame ostrich. Drizzle the tonkatsu sauce over the ostrich. Serve the pickled cucumber salad on the side. Sprinkle over any remaining sesame seeds, and side with the mayo for dipping. Wow, Chef!



## Chef's Tip

Coat the potato wedges in oil and season.  
Air fry at 200°C until crispy, 25-30 minutes.

## Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	7.4g
Carbs	9g
of which sugars	2.2g
Fibre	1.6g
Fat	2.8g
of which saturated	0.5g
Sodium	143mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy, Cow's Milk, Shellfish

Eat  
Within  
4 Days