

U COOK

Cranberry Balsamic Ostrich

with a butter bean mash

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

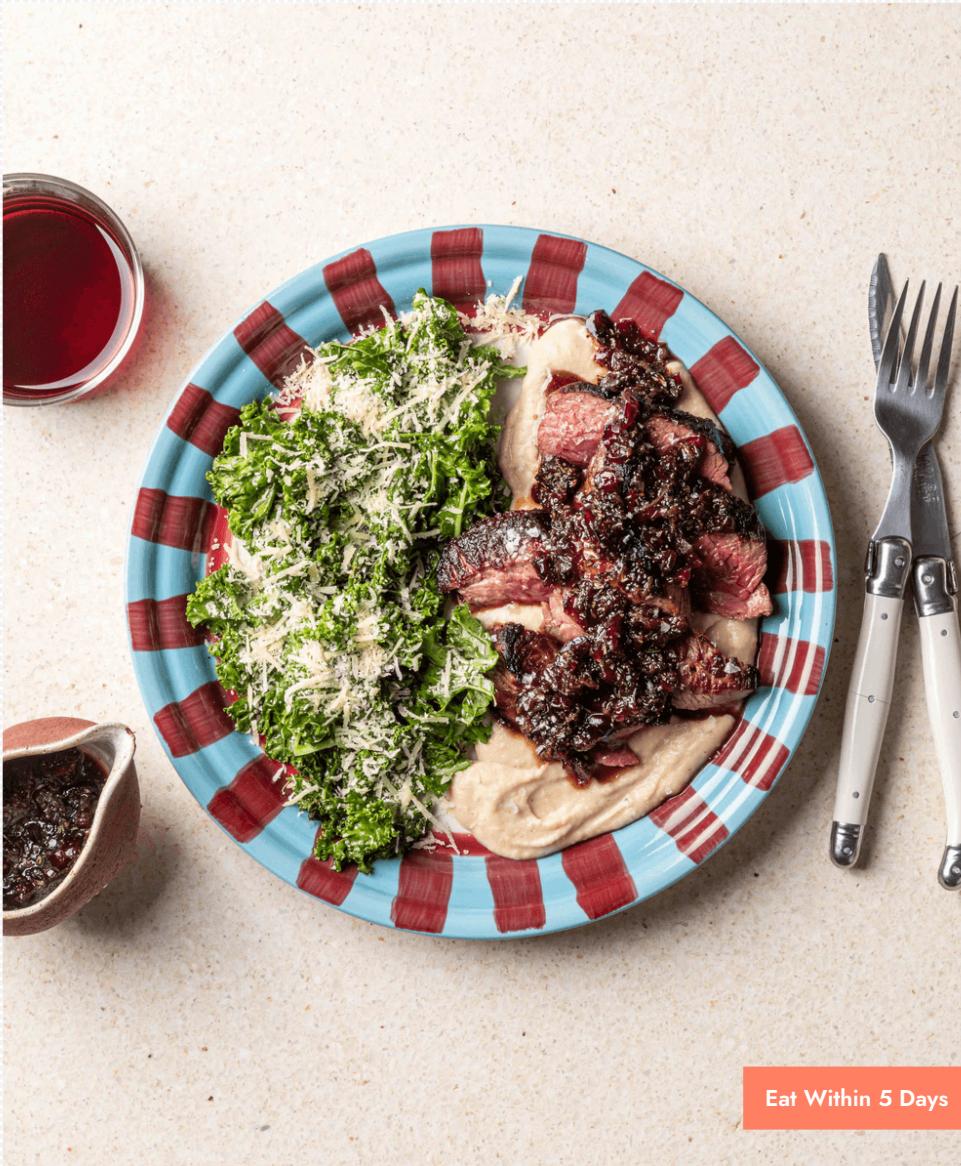
Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	459.2kJ	1895.8kJ
Energy	109.8kcal	453.4kcal
Protein	11.6g	47.8g
Carbs	10.4g	42.8g
of which sugars	2.6g	10.9g
Fibre	3.1g	12.6g
Fat	2.6g	10.9g
of which saturated	0.9g	3.8g
Sodium	154.8mg	638.9mg

Allergens: Sulphites, Egg, Cow's Milk, Allium

Spice Level: None

Eat Within 5 Days



Ingredients & Prep Actions:

Serves 1 [Serves 2]

80g	160g	Kale <i>rinse & roughly shred</i>
30ml	60ml	Grated Italian-style Hard Cheese
5ml	10ml	Balsamic Reduction
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Rosemary & 3g [5g] Fresh Thyme)</i>
1	1	Garlic Clove <i>peel & grate</i>
2.5ml	5ml	Beef Stock
15g	30g	Dried Cranberries <i>roughly chop</i>
160g	320g	Free-range Ostrich Steak
120g	240g	Butter Beans <i>drain & rinse</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Blender

Milk (optional)

Paper Towel

Butter

1. SWEET BALSAMIC SAUCE Boil the kettle. Rinse, pick and roughly chop the mixed herbs. Set aside. Dilute the stock with 50ml [100ml] of boiling water. Place a pan on low heat with a drizzle of oil. When hot, fry the garlic until fragrant, 30-60 seconds (shifting constantly). Add the diluted stock, the balsamic, 10ml [20ml] of sweetener, the cranberries, and the mixed herbs. Simmer until slightly reduced and thickening, 5-6 minutes (shifting occasionally). Remove from the heat, season and set aside.

2. BEST BUTTER BEAN MASH Place a pot over medium-high heat with the beans and 40ml [80ml] of milk (optional) or water. Once boiling, remove from the heat and stir in a drizzle of oil or a knob of butter. Place in a blender or mash with a fork until the desired consistency. If it's too thick, add a splash of milk (optional) or water. Season and cover to keep warm.

3. O-YUM OSTRICH 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 before slicing and seasoning.

4. EARTHY KALE Place the kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. Return the pan to medium heat. When hot, fry the kale until slightly wilted, 2-3 minutes. Remove from the pan and cover.

5. MAKE IT CHEESY To a bowl with the kale, add the hard cheese and seasoning.

6. O-SO-DELICIOUS Plate up the butter bean mash and top with the browned ostrich. Drizzle over the sweet sauce and serve the dressed salad on the side.