



UCCOOK

Charred Corn & Spicy Ostrich Fillet

with Danish-style feta & tomatoes

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	444kJ	2734kJ
Energy	106kcal	654kcal
Protein	8.3g	51.2g
Carbs	9g	54g
of which sugars	2.3g	14.2g
Fibre	1.8g	10.9g
Fat	4.1g	25.4g
of which saturated	2g	12.3g
Sodium	206mg	1271mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Danish-style Feta <i>drain</i>
120g	240g	Black Beans <i>drain & rinse</i>
1	1	Tomato <i>rinse & roughly dice</i>
50ml	100ml	Sour Cream
20g	40g	Green Leaves <i>rinse</i>
15ml	30ml	Lemon Juice
10ml	20ml	NOMU Cajun Rub
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
100g	200g	Corn
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
150g	300g	Free-range Ostrich Fillet

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. 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 and ½ the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before cutting into bite-sized pieces and seasoning.

2. CORN & BEANS Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the corn until lightly charred, 4-5 minutes (shifting occasionally). Add the beans and the remaining NOMU rub, and fry until warmed through, 2-3 minutes. Remove from the heat and season.

3. DRESSING In a small bowl, combine the sour cream, ½ the coriander, the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. DINNER IS READY In a salad bowl, make a bed of the green leaves. Scatter over the beans and corn, the tomato, and the jalapeño (to taste). Top with the ostrich pieces and drizzle over the tangy sour cream. Top with the feta and garnish with the remaining coriander. Well done, Chef!