



# UCOOK

## Ostrich Steak & Loaded Cheese Fries

with edamame beans & kewpie mayo

Juicy & tender ostrich steak slices are served alongside crispy fries loaded with melted cheese, fragrant spring onions, and splashes of spicy kewpie mayo. Accompanied by a fresh salad with pops of plump edamame beans, creamy avo and toasted sesame seeds. Every bite will leave you craving more!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Waterkloof | False Bay Pinotage

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## Ingredients & Prep

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200g	Potato <i>peeled &amp; cut into skinny, 1cm thick fries</i>
50g	Edamame Beans
35ml	Spicy Mayo <i>(30ml Kewpie Mayo &amp; 5ml Sriracha)</i>
5ml	Black Sesame Seeds
160g	Free-range Ostrich Steak
1	Garlic Clove <i>peeled &amp; grated</i>
40g	Grated Mozzarella & Cheddar Cheese
1	Avocado
10ml	Lime Juice
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
1	Spring Onion <i>finely sliced</i>

## From Your Kitchen

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

**1. CRISPY FRIES** Preheat the oven to 200°C. Boil the kettle. Spread the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. EDAMAME BEANS & SPICY MAYO** Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Loosen the spicy mayo with a splash of water and set aside. Place the sesame seeds in a pan over a medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. OSTRICH STEAK** Return the pan to a medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 3-4 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the grated garlic. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. GET CHEESY** When the fries are cooked, sprinkle over the cheese and return to the oven until melted and golden, 3-4 minutes.

**5. FRESH SALAD** Halve the avocado and set aside half for another meal. Peel off the skin, keeping the flesh intact. Dice the avocado. In a bowl, combine the lime juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the diced avocado, the edamame, the shredded green leaves, and the toasted sesame seeds.

**6. DIVINE DINNER** Pile up the cheesy fries and drizzle over the spicy mayo. Sprinkle the sliced spring onion over the cheesy fries. Side with the loaded salad, and the ostrich slices. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the fries in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

## Nutritional Information

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Per 100g

Energy	624kJ
Energy	149kcal
Protein	8.3g
Carbs	9g
of which sugars	1.3g
Fibre	2.7g
Fat	6.5g
of which saturated	1.7g
Sodium	56mg

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## Allergens

Egg, Dairy, Allium, Sesame, Sulphites, Soy

Cook  
within  
4 Days