



UCCOOK

Sweet Potato & Ostrich Steak

with creamy carrot & cranberry salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range
Cabernet Sauvignon

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 479kJ | 3150kJ |
| Energy | 115kcal | 754kcal |
| Protein | 6.5g | 42.5g |
| Carbs | 10g | 68g |
| of which sugars | 4.5g | 29.8g |
| Fibre | 2g | 13g |
| Fat | 5g | 32.7g |
| of which saturated | 0.9g | 6.2g |
| Sodium | 136mg | 894mg |

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|-------|-------|---|
| 750g | 1kg | Sweet Potato <i>rinse & cut into bite-sized pieces</i> |
| 30ml | 40ml | NOMU Cajun Rub |
| 30g | 40g | Almonds <i>roughly chop</i> |
| 240g | 240g | Carrot <i>rinse, trim & peel into ribbons</i> |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 8g | 10g | Fresh Coriander <i>rinse, pick & roughly chop</i> |
| 15g | 20g | Dried Cranberries <i>roughly chop</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice</i> |
| 7,5ml | 10ml | NOMU Chipotle Flakes |
| 480g | 640g | Free-range Ostrich Steak |
| 180ml | 250ml | Chef's Mayo <i>(90ml [125ml] Mayo & 90ml [125ml] Sour Cream)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. **A SWEET DEAL** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. **ALL OF THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **COMBINE TO MAKE IT SHINE** In a bowl, combine the carrot, the leaves, ½ the coriander, ½ the cranberries, ½ the spring onion, the chipotle flakes (to taste), and seasoning.

4. **SEEK OUT THE STEAK** Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak 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.

5. **CAJUN CUISINE** Plate up the Cajun roasted sweet potato. Side with the ostrich slices and the loaded salad. Sprinkle over the remaining cranberries & spring onion, and the almonds. Drizzle over the Chef's mayo. Garnish with the remaining coriander & chipotle flakes. Dig in, Chef!