



U C O O K

— COOKING MADE EASY

OSTRICH FILLET PROVENÇAL

with basil and tzatziki slaw, toasted pecans & golden sweet potato

Enjoy the enchanting forest smells of Southern France from ostrich fillet seasoned with Herbes de Provence, which include rosemary, oregano, and lavender! With warmth from roast sweet potato and the fresh crunch of mayo-free cabbage slaw.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
1	Onion <i>one half peeled & cut into thin wedges</i>
10g	Pecan Nuts
100g	Shredded White Cabbage
65ml	Tzatziki
3g	Fresh Basil <i>rinsed & roughly sliced</i>
10ml	Cabernet Sauvignon Vinegar
1	Fresh Chilli <i>deseeded & thinly sliced</i>
150g	Free-Range Ostrich Fillet
5ml	NOMU Provençal Rub
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROASTING TIME! Preheat the oven to 200°C. Place the sweet potato chunks and onion wedges on a roasting tray. Coat in oil, season to taste, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOASTING TIME! Place the pecan nuts in a pan over a medium heat. Toast for 3-5 minutes until golden-brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. TZATZIKI SLAW Place the shredded cabbage, the tzatziki, and three-quarters of the sliced basil in a bowl. Pour in 2 tsp of olive oil and half of the cab sauv vinegar. Add the sliced chilli to taste and toss until coated. Season to taste and set aside until serving.

4. FRY THE FILLET Place a pan over a medium-high heat with a drizzle of oil. Pat the ostrich steak dry with paper towel. When the pan is hot, fry the steak for 4-5 minutes, shifting and turning as it colours until browned all over but not cooked through. During the final minute, use a knob of butter and the Provençal Rub to baste the steak. Remove from the pan and place in the oven on the tray of roast veg, reserving the pan juices for serving. Roast for 3-4 minutes until cooked through to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the oven on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. JUST BEFORE SERVING... Place the rinsed salad leaves in a bowl with the remaining cab sauv vinegar. Add a drizzle of olive oil and toss to coat.

6. FRENCH-FLAVOURED FEAST! Plate up some roast sweet potato and onion, top with the sliced ostrich fillet, and drizzle over the pan juices to taste. Side with the tzatziki slaw and scatter over the chopped, toasted pecans and remaining sliced basil. Sprinkle over some remaining fresh chilli to taste, if you'd like. Serve with the dressed leaves on the side. Bon appétit!



Chef's Tip

Reserve any remaining chopped chilli and keep it in the fridge to use in another meal.

Nutritional Information

Per 100g

Energy	348kj
Energy	83Kcal
Protein	6.4g
Carbs	9g
of which sugars	4.1g
Fibre	1.6g
Fat	1.9g
of which saturated	0.3g
Sodium	106mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days