



UCOOK

Garlic-rosemary Potatoes & Ostrich

with a pea salad

If you've never tasted smashed potatoes, Chef, prepare your palate for the onslaught of extreme yumminess it will soon experience. By roasting it until golden with a rosemary-infused garlic oil, these sensational smashed spuds almost outshine the seared ostrich. Sided with a zesty pea & toasted sunflower seed salad for freshness.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

Simple & Save

 Neil Ellis Wines | Neil Ellis Wild Flower Rosé
2023

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Ingredients & Prep

250g	Baby Potatoes <i>rinse</i>
10g	Sunflower Seeds
1	Garlic Clove <i>peel & grate</i>
3g	Fresh Rosemary <i>rinse & finely chop</i>
160g	Ostrich Steak
10ml	Lemon Juice
40g	Peas
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and set aside.

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SMASHED POTATOES In a bowl, combine the grated garlic, the chopped rosemary, and 2 tbsp of oil. Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over the garlic-rosemary oil and season. Roast in the hot oven until crispy, 15-20 minutes.

4. SIZZLIN' STEAKS Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 2-4 minutes per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FRESH SALAD In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the peas, the shredded leaves, and the toasted sunflower seeds. Toss to combine and season.

6. TIME TO EAT! Plate up the smashed potatoes alongside the steak slices and the fresh salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the soft baby potatoes in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	8.8g
Carbs	10g
of which sugars	2g
Fibre	1.4g
Fat	2.1g
of which saturated	0.4g
Sodium	112mg

Allergens

Allium

Eat
Within
4 Days