



UCCOOK

Potato Crisps & Ostrich Steak

with baby potatoes & a charred corn salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	389kJ	1769kJ
Energy	93kcal	423kcal
Protein	8.8g	39.8g
Carbs	11g	49g
of which sugars	2.6g	11.7g
Fibre	1.1g	4.8g
Fat	1.2g	5.6g
of which saturated	0.4g	1.7g
Sodium	106mg	512mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Baby Potatoes <i>rinse & cut into thin rounds</i>
120g	160g	Corn
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Roast Rub
30ml	40ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

Seasoning (salt & pepper)

1. BABY POTATOES Preheat the oven to 200°C. Spread the baby potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Place in a salad bowl.

3. OSTRICH STEAK Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. 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 the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FOR THE FRESHNESS To the salad bowl with the corn, toss through the lemon juice, a drizzle of olive oil, a sweetener (to taste), seasoning, the salad leaves, and the peppers.

5. TIME TO DINE Plate up the ostrich slices. Side with the baby potato rounds and the charred corn salad. Cheers, Chef!