



UCOOK

Tender Ostrich Strips & Potato Mash

with a fresh green salad

Golden, butter-basted ostrich strips are coated with a sour cream & parsley sauce. These share a plate with a creamy potato mash and charred corn, fresh greens & cucumber salad. A five-star South African take on a classic meat, potato & veg combo.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

 Deetlefs Wine Estate | Deetlefs Stonecross
Malbec

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
60ml	Sour Cream
20ml	Lemon Juice
100g	Cucumber <i>rinse & roughly dice</i>
100g	Corn
300g	Ostrich Strips
10ml	NOMU Peri-peri Rub
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. SOME PREP Loosen the sour cream with 2 tbsp of water and set aside. In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Toss through the diced cucumber.

3. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRY THE STRIPS 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, 1-2 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter and the NOMU rub. Add the loosened sour cream, ½ the chopped parsley, and seasoning.

5. FRESH SALAD Just before serving, add the shredded salad leaves and the charred corn to the bowl with the cucumber. Toss to combine and season.

6. TIME TO EAT Plate up the mash. Side with the creamy strips and the fresh salad. Garnish with a sprinkle of the remaining parsley.

Nutritional Information

Per 100g

Energy	460kJ
Energy	110kcal
Protein	7.6g
Carbs	11g
of which sugars	1.3g
Fibre	2g
Fat	4.1g
of which saturated	1.4g
Sodium	63mg

Allergens

Allium, Cow's Milk

Eat
Within
4 Days