



UCCOOK

Coffee-Rubbed Ostrich Fillet

with crispy baby potatoes, That Mayo garlic mayo & a zingy slaw


Light up your week with this famous flavour explosion: steak and coffee! Here, a lean ostrich fillet is basted with butter, smothered in coffee rub, and completed by crunchy baby potatoes, creamy coleslaw, and crispy onions.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 Easy Peasy

 Delheim Wines | Grand Reserve 2015

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Ingredients & Prep

| | |
|------|---|
| 250g | Baby Potatoes |
| 1 | Red Onion <i>one ½ peeled & cut into wedges</i> |
| 100g | Shredded Cabbage & Julienne Carrot |
| 60ml | Coleslaw Sauce <i>(30ml That Mayo – Garlic & 30ml Plain Yoghurt)</i> |
| 1 | Fresh Chilli <i>deseeded & finely sliced</i> |
| 3g | Fresh Coriander <i>rinsed & roughly chopped</i> |
| 1 | Lime <i>one ½ zested & cut into wedges</i> |
| 50g | Corn |
| 20g | Wild Rocket <i>rinsed</i> |
| 150g | Free-range Ostrich Fillet |
| 5ml | NOMU Coffee Rub |
| 20ml | Crispy Onions |

From Your Kitchen

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

1. CRISPY AS CAN BE Preheat the oven to 200°C. Rinse and halve the baby potatoes, and place on a roasting tray with the onion wedges. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. SASSY SLAW Place the cabbage and carrot in a bowl and toss through ¾ of the coleslaw sauce. Mix in the sliced chilli to taste, ¾ of the chopped coriander, a squeeze of lime juice, and a pinch of zest. Season to taste and set aside for serving.

3. CHAR THE CORN Place a pan over a high heat with a drizzle of oil. When hot, drain any liquid from the corn and fry for 3-4 minutes until charred, shifting occasionally. Transfer to a bowl on completion, cover to keep warm, and set aside for serving. Toss the rinsed rocket with a drizzle of olive oil, season, and set aside for serving.

4. COFFEE-RUBBED FILLET Pat the ostrich dry with paper towel. Return the pan to a medium-high heat with another drizzle of oil. When hot, fry for 4-5 minutes, shifting and turning until browned all over but not cooked through. During the final minute, baste with a knob of butter and the Coffee Rub. Remove from the pan and place in the oven on the tray of veg, reserving the pan juices for serving. Roast for 3-4 minutes until cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove on completion and set aside to rest for 5 minutes before slicing.

5. IT'S THE FINISH LINE! Plate up some roast baby potatoes and onion, top with the sliced ostrich, and drizzle over the pan juices to taste. Side with the saucy slaw and scatter over the corn. Sprinkle with the crispy onions, the remaining coriander, and any remaining fresh chilli to taste. Side with the rocket and the remaining coleslaw sauce for dipping. Manifique!



Chef's Tip

Ostrich is lower in saturated fat and cholesterol than many other proteins. It also contains lots of iron! These animals need space to run wild, so they're farmed in a relatively natural way. This is better for them, better for the environment, and better for you!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 469kJ |
| Energy | 112Kcal |
| Protein | 6.1g |
| Carbs | 13g |
| of which sugars | 2.7g |
| Fibre | 1.6g |
| Fat | 3.2g |
| of which saturated | 1g |
| Sodium | 125mg |

Allergens

Dairy, Allium, Sulphites, Gluten, Wheat, Egg

Cook
within
4 Days