



UCCOOK

Ostrich & Bacon Marmalade

with smashed baby potatoes & a fresh salad

Hands-on Time: 40 minutes

Overall Time: 65 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	505kJ	3480kJ
Energy	121kcal	832kcal
Protein	8.7g	60.2g
Carbs	10g	66g
of which sugars	4.2g	29.2g
Fibre	1g	6.6g
Fat	4.9g	33.6g
of which saturated	1.8g	12.4g
Sodium	146mg	1010mg

Allergens: Egg, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse</i>
6 strips	8 strips	Streaky Pork Bacon
2	2	Onions <i>peel & finely slice 1½ [2]</i>
45ml	60ml	Honey
450g	600g	Free-range Ostrich Fillet
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
60g	80g	Green Leaves <i>rinse</i>
90g	120g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. LET'S START! Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. BACON MAKES EVERYTHING BETTER Place a pan (with a lid) over medium heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel, keeping the pan of oil on the heat. Add a knob of butter (optional) and fry the onion until golden, 10-12 minutes (shifting occasionally).

3. MAKE THE MARMALADE When the onion is soft and caramelised, reduce the heat to low. Roughly chop the bacon and add to the pan. Stir in the honey and 80ml [110ml] of water. Cook until sticky and reduced by a ¼, 5-6 minutes (stirring regularly). Transfer to a small bowl, cover, and set aside.

4. SMASHED SPUDS 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 with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

5. SEARED OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. QUICK SALAD Place the baby tomato into a bowl. Toss with the green leaves, the cheese, a drizzle of olive oil and seasoning. Set aside.

7. SMASHIN' DINNER! Plate up the golden smashed potatoes and side with the ostrich slices. Top with the bacon marmalade and serve the green salad on the side.