

# U&COOK

## Hearty Ostrich & Parsley Sauce

with mashed potato & a side salad

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Rhea Hsu

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	335kj	1729kj
Energy	80kcal	414kcal
Protein	8.4g	43.4g
Carbs	9g	47g
of which sugars	1.4g	7.2g
Fibre	1.9g	9.9g
Fat	1.2g	6.2g
of which saturated	0.3g	1.8g
Sodium	21mg	108mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel &amp; cut into small pieces</i>
40g	80g	Peas
10ml	20ml	Lemon Juice
40g	80g	Kale <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
160g	320g	Free-range Ostrich Steak
1	1	Garlic Clove <i>peel &amp; grate</i>
5g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

- 1. MAKE THE MASH** Place the potato in a pot of salted water. Bring to the 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. PREP STEP** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.
- 3. SIDE SALAD** In a salad bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the kale and use your hands to massage it until softened and coated. Add the cucumber, the peas, and seasoning.
- 4. FRY THE OSTRICH** Place a pan over 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.
- 5. BUTTER SAUCE** Place 20g [40g] of butter in a saucepan over medium heat. When the butter starts to foam, add the garlic and cook until the butter is golden and fragrant, 1-2 minutes. Remove the saucepan from the heat and stir through the parsley.
- 6. DISH UP** Plate up the ostrich steak slices and side with the herby butter sauce. Serve with the mashed potato and the dressed salad. Finish off with a crack of black pepper. Dig in, Chef!