

Eat Within 3 Days

QCOOK

Ostrich Steak, Fries & Mayo

with a tomato & feta salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Boschendal | 1685 Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	522kJ	3136kJ
Energy	125kcal	750kcal
Protein	7.4g	44.6g
Carbs	8g	50g
of which sugars	2.6g	15.4g
Fibre	1.2g	7.4g
Fat	7.1g	42.7g
of which saturated	1.2g	7.4g
Sodium	101mg	605mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse & cut into 1cm thick fries*
160g	320g	Free-range Ostrich Steak
3g	5g	Fresh Rosemary *rinse*
40g	80g	Salad Leaves *rinse & roughly shred*
1	1	Tomato *rinse & roughly dice*
20g	40g	Danish-style Feta *drain*
20ml	40ml	Honey Mustard Dressing
50ml	100ml	Mayo

From Your Kitchen

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

1. ROAST THE FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray. Coat generously in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. BUTTER-BASTED ROSEMARY STEAK When the fries have 10 minutes remaining, place a pan over medium-high heat with a drizzle of oil. Pat the ostrich steak 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 and the rosemary. Remove from the pan, reserving any pan juices, and rest for 5 minutes before thinly slicing and seasoning.

3. FOR THE FRESHNESS In a salad bowl, combine the salad leaves, tomatoes, feta, the dressing, and seasoning.

4. IT ALL COMES TOGETHER Plate up the steak slices and drizzle over any reserved pan juices. Side with the fries and the dressed salad. Serve with the mayo for dunking. Classic cooking, Chef!