



Eat Within 4 Days

UCCOOK

Umami Ostrich Ciabatta & Apple Slaw

with spring onion

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	717kJ	4604kJ
Energy	171kcal	1101kcal
Protein	6.8g	43.6g
Carbs	13g	86g
of which sugars	5.3g	34g
Fibre	1.6g	10.3g
Fat	9.2g	58.9g
of which saturated	0.6g	3.9g
Sodium	270mg	1735mg

Allergens: Sulphites, Shellfish, Egg, Fish, Gluten, Wheat, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Cabbage <i>rinse & roughly shred</i>
1	1	Spring Onion <i>rinse, trim & roughly slice</i>
1	1	Apple <i>rinse, peel, core & cut ½ [1] into matchsticks</i>
60ml	125ml	Kewpie Mayo
150g	300g	Free-range Ostrich Fillet
1	1	UCOOK Asian Sauce
1	2	Ciabatta Roll/s

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

Paper Towel

1. COLESLAW In a bowl, combine the cabbage, spring onion (to taste), apple matchsticks, mayo, and seasoning. Set aside in the fridge.

2. 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 minute, baste with the Asian sauce (to taste). Remove from the pan with all the sauce and rest the steak for 5 minutes. Slice and mix through the sauce.

3. TOAST Halve the bun/s, and spread butter or oil over the cut-side. Place a clean pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. TIME TO EAT Add ½ of the slaw on the bottom bun/s, top with the ostrich slices, and the sauce (to taste). Side with the remaining slaw and enjoy, Chef!