



# UCOOK

## Hearty Ostrich & Parsley Butter Sauce

with mashed potato & a side salad

Juicy & tender ostrich steak slices are sided with a moreish parsley-butter sauce. Creamy mashed potato is the perfect side to soak up all that deliciousness, while a green cucumber & pea salad adds the perfect touch of freshness.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Simple & Save

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Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

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

## From Your Kitchen

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

**1. MAKE THE MASH** Place the potato pieces 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 shredded kale and use your hands to massage it until softened and coated. Add the cucumber half-moons, 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 of butter in a saucepan over medium heat. When the butter starts to foam, add the grated garlic and cook until the butter is golden and fragrant, 1-2 minutes. Remove the saucepan from the heat and stir through the chopped 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!

## Nutritional Information

Per 100g

Energy	335kJ
Energy	80kcal
Protein	8.4g
Carbs	9g
of which sugars	1.4g
Fibre	1.9g
Fat	1.2g
of which saturated	0.3g
Sodium	21mg

## Allergens

Cow's Milk, Allium

Eat  
Within  
4 Days