



# UCOOK

## Creamy Pepper Sauce & Ostrich Rump

with roasted baby potatoes

Life's too short to make pepper sauce from powder in a packet, Chef! Learn how to make a homemade pepper sauce, which you will pour over butter-basted ostrich steak slices, infused with garlic & fresh thyme. Sided with Greek salt-spiced roast potatoes & dressed greens.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

---

**Serves:** 2 People

---

**Chef:** Kate Gomba

---

Simple & Save

---

Groote Post Winery | Groote Post Old Man's Blend Red Blend

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

400g	Baby Potatoes <i>rinse &amp; cut in half</i>
10ml	Greek Salt
320g	Ostrich Steak
1	Garlic Clove <i>peel &amp; grate</i>
5g	Fresh Thyme <i>rinse</i>
20ml	Pepper & Flour <i>(10ml Crushed Black Peppercorns &amp; 10ml Cornflour)</i>
100ml	Low Fat UHT Milk
40g	Green Leaves <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. ROAST** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and the Greek salt. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. STEAK** When the roast has 15-20 minutes to go, 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, the grated garlic, and the rinsed thyme sprigs. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**3. BLACK PEPPER SAUCE** Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. Add the pepper & flour and fry until fragrant, 1-2 minutes. Slowly whisk in the milk until the sauce thickens slightly. Remove from the heat and season to taste. Loosen with a splash of warm water if it's too thick.

**4. FRESH LEAVES** Dress the rinsed leaves with a drizzle of olive oil and season.

**5. TIME TO EAT** Plate up the roasted potatoes, side with the ostrich slices, drizzle over the pepper sauce, and serve alongside the fresh leaves. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and the Greek salt. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	9.2g
Carbs	10g
of which sugars	2.1g
Fibre	1.5g
Fat	1.8g
of which saturated	0.7g
Sodium	487mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
4 Days