



UCOOK

Ostrich & Caramelised Onion Sauce

with a carrot mash & fresh salad

Few things beat the lovely aroma of caramelised onions, but have you ever made a sauce out of it? Well, today's that day! This creamy condiment will be poured over juicy free-range ostrich fillet & sided with a bright carrot mash. A refreshing green salad with chopped almonds, covered in a homemade sweet-vinegar dressing, completes this memorable meal!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterkloof | Circumstance Mourvèdre

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Ingredients & Prep

240g	Carrot <i>rinsed, peeled & cut into bite-sized chunks</i>
1	Onion <i>½ peeled & roughly sliced</i>
40ml	Crème Fraîche
150g	Free-range Ostrich Fillet
15ml	Red Wine Vinegar
4g	Fresh Parsley <i>rinsed, picked & chopped</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Cucumber <i>cut into half-moons</i>
10g	Almonds <i>roughly chopped</i>

From Your Kitchen

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

1. CRACK ON WITH THE CARROTS Boil the kettle. Fill a pot with boiling water and add the carrot chunks. Simmer for 15-20 minutes until soft and cooked through. Drain and mash with a potato masher or fork until mashed and combined. Stir through a splash of milk or water, a knob of butter, and seasoning. Cover to keep warm.

2. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 5-6 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste). Remove the pan from the heat and stir through the crème fraîche. Loosen with water in 10ml increments until the desired consistency. Remove from the pan, season, and cover to keep warm.

3. OM-NOM-NOM OSTRICH Return the pan, wiped down, to a medium heat with a drizzle of oil. Pat the ostrich dry with paper towel. When the pan is hot, fry the fillet for 3-4 minutes per side, or until browned all over and cooked to your preference. In the final 1-2 minutes, use a knob of butter to baste the fillet. Remove from the pan and set aside to rest for 5 minutes before thinly slicing. Lightly season.

4. ADD SOME FRESHNESS In a salad bowl, combine the vinegar, a drizzle of oil, a sweetener of choice (to taste), seasoning, and ½ the chopped parsley. Add the shredded leaves, the cucumber half-moons, and the chopped almonds. Toss until combined.

5. DIG IN Plate up the ostrich slices and smother in the creamy caramelised onion sauce. Side with the carrot mash and the dressed salad. Garnish with the remaining parsley. Enjoy!



Chef's Tip

If you would like to toast the almonds, place them in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally.

Nutritional Information

Per 100g

Energy	373kj
Energy	89kcal
Protein	6.3g
Carbs	6g
of which sugars	3.3g
Fibre	1.6g
Fat	4.3g
of which saturated	2g
Sodium	26.2mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days