



U C O O K

— COOKING MADE EASY

El Capitan Ostrich Steak

with sticky BBQ beans & chive-infused
crème fraîche

Not called 'the captain' of ostrich steaks for nothing! This big shot is light on time and prep but packs a mighty flavour punch: juicy, Cajun-spiced ostrich, corn and kidney beans fried in BBQ sauce, crunchy pickled slaw, and blobs of chive crème.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Megan Bure

 **Easy Peasy**

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Ingredients & Prep

300ml	Brown Basmati Rice
400g	Shredded Cabbage & Julienne Carrot
40ml	White Wine Vinegar
200ml	Crème Fraîche
10g	Fresh Chives <i>rinsed & finely chopped</i>
160g	Corn
480g	Kidney Beans <i>drained & rinsed</i>
120ml	Clarks Kitchen Bourbon BBQ Sauce
640g	Ostrich Steak
20ml	NOMU Cajun Rub
80g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. BOIL THE BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary.

2. SNAZZY SIDES Place the cabbage and carrot in a bowl with a pinch of salt and the white wine vinegar. Using your hands, toss for a full minute to coat. Set aside to pickle until serving. In a bowl, combine the crème fraîche with three-quarters of the chopped chives. Season to taste and set aside for serving.

3. STICKY BBQ BEANS & CORN Place a large, nonstick pan over a high heat with a drizzle of oil or knob of butter. When hot, char the corn for 4-5 minutes, shifting occasionally. Stir in the drained kidney beans, the Bourbon BBQ sauce, and 60ml of water. Simmer for 3-4 minutes until heated through and sticky. Remove from the pan on completion, cover to keep warm, and set aside until serving.

4. SEAR THE SULTRY OSTRICH Pat the ostrich steaks dry with some paper towel and coat in the Cajun Rub to taste. Wipe down the pan and return it to a medium heat with a drizzle of oil. When hot, fry the steaks for 8-10 minutes, shifting and turning until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) During the final 1-2 minutes, use a knob of butter to baste the steaks. Remove from the pan on completion and set aside to rest for 5 minutes before thinly slicing. Lightly season the slices.

5. TEX-MEX PLATE UP! Dish up a heap of nutty rice and cover in the BBQ beans and corn. Arrange the steak slices, pickled slaw, and shredded green leaves alongside it. Top with a hearty dollop of the chive crème and garnish with the remaining chopped chives. Time to devour!



Chef's Tip

Ingredients for Clarks Kitchen Bourbon BBQ Sauce: Tomato paste, Vegetable oil (Canola seed), Vinegar, Molasses, Water, Jack Daniels Bourbon, Garlic, Salt, Mustard, Spices.

Nutritional Information

Per 100g

Energy	643kj
Energy	154Kcal
Protein	9.1g
Carbs	16g
of which sugars	2.6g
Fibre	3.1g
Fat	5.5g
of which saturated	2.4g
Sodium	127mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within
4 Days