



# UCOOK

## Classic Ostrich & Creamed Spinach

with buttery potato mash & sunflower seeds

This timeless dish features buttery potato mash, tender ostrich fillet slices, and creamy spinach. Topped with toasted sunflower seeds for a pop of crunch. Quick & satisfying - it's sure to be a hit!

---

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

---

**Serves:** 4 People

---

**Chef:** Kate Gomba

---

 Fan Faves

---

 Waterford Estate | Waterford Chardonnay

---

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

## Ingredients & Prep

|       |   |
|-------|---|
| 800g  | Potato<br><i>rinse, peel &amp; cut into small bite-sized pieces</i> |
| 40g   | Sunflower Seeds   |
| 2     | Onions<br><i>peel &amp; roughly slice</i>                           |
| 1     | Garlic Cloves<br><i>peel &amp; grate</i>                            |
| 400g  | Spinach<br><i>rinse &amp; roughly shred</i>                         |
| 160ml | Cake Flour  |
| 400ml | Low Fat UHT Milk  |
| 600g  | Free-range Ostrich Fillet   |
| 40ml  | NOMU Provençal Rub  |

## From Your Kitchen

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

**1. MASHED POTATOES** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 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. TOASTED SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SPINACH** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 5-6 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded spinach and cook until wilted, 3-4 minutes. Remove from the pan.

**4. CREAMY SPINACH** Return the pan to medium heat with 40g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the wilted spinach and a splash of water. Simmer until thick, 2-3 minutes. Loosen with a splash of warm water if it's too thick. Remove from the heat and season.

**5. SIZZLING 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 a knob of butter and the NOMU rub. Set aside to rest for 5 minutes before slicing and seasoning.

**6. DINNER IS SERVED** Serve the mash alongside the creamed spinach and the ostrich slices. Sprinkle over the toasted sunflower seeds. Great job, Chef!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 370kJ  |
| Energy             | 88kcal |
| Protein            | 7.1g   |
| Carbs              | 10g    |
| of which sugars    | 2.3g   |
| Fibre              | 1.8g   |
| Fat                | 2.1g   |
| of which saturated | 0.6g   |
| Sodium             | 209mg  |

## Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook  
within  
4 Days