



UCOOK

Seared Sustainable Ostrich

with fluffy millet, a sassy warm bean salsa
& limey avocado

We're comin' in piping hot with, sustainably sourced, ostrich steak seared in garlic and a Cajun rub, zesty warm corn and kidney bean salsa, on a bed of smoky, fluffy millet. Top it with spring onion and limey avocado, and you've got supper done, dusted, and delish!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Cavalli Estate | Black Beauty

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Ingredients & Prep

75ml	Millet
7,5ml	NOMU Cajun Rub
50g	Corn <i>drained</i>
60g	Kidney Beans <i>drained & rinsed</i>
160g	Free-range Ostrich Steak
1	Garlic Clove <i>peeled & grated</i>
1	Avocado
1	Lime
20g	Salad Leaves <i>rinsed & roughly shredded</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. FLUFFY MILLET Place a pot over a medium heat. When hot, toast the millet and ½ of the Cajun Rub for 2-3 minutes until starting to turn gold, shifting occasionally. Pour in 150ml of salted water and cover with a lid. Once boiling, reduce the heat and gently simmer for 10-12 minutes until the water has been absorbed and the millet is cooked. If it starts to dry out, add more water in small increments to continue cooking. On completion, drain if necessary and return to the pot. Fluff up with a fork and toss through a drizzle of oil. Cover to keep warm and set aside until serving.

2. VIBRANT WARM SALSA Place a pan on a high heat with a drizzle of oil. When hot add the drained corn and drained kidney beans. Fry for 3-4 minutes until the corn is browning and kidney beans are warmed through. Remove from the pan on completion, place in a bowl and cover to keep warm until serving.

3. SIZZLING STEAK Wipe down the pan if necessary and return it to a medium heat with a drizzle of oil. Pat dry the ostrich steak with some paper towel. When the pan is hot, fry the steak for 6-7 minutes, shifting and turning as it colours 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, baste with the grated garlic and the remaining Cajun Rub. Place in a piece of tinfoil, with any pan juices. Close up tightly and set aside to rest for 5 minutes before thinly slicing and seasoning, reserving the juices for serving.

4. LIMEY AVO & SALSA FINALE Halve the avocado and set aside the half containing the pip for another meal. Scoop out the avocado flesh from the remaining half and cut into bite-sized chunks. Place in a bowl and add a squeeze of lime juice, a pinch of zest and some seasoning - all to taste. Gently toss until the avocado pieces are coated. In the bowl with corn mixture, add the shredded leaves, white spring onion slices and chopped piquanté peppers. Add 10ml of olive oil, a squeeze of lime juice, any remaining zest, toss to combine and season to taste.

5. GET READY TO FEAST... Make a bed of millet, lay over the smoky steak slices, and drizzle with the reserved meat juices. Side with the salsa and zesty avocado pieces. Garnish with the green spring onion slices, the chopped coriander, and any remaining lime wedge. Nice work, Chef!



Chef's Tip

Millet is a gluten-free whole grain and an excellent source of fiber, but it takes a little getting used to when you're learning how to cook it. Although it cooks quite similarly to rice, it can quadruple in size! So, be sure to cook it in a big enough pot.

Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	10g
Carbs	17g
of which sugars	2.2g
Fibre	3.7g
Fat	4g
of which saturated	0.7g
Sodium	103mg

Allergens

Allium, Sulphites

Cook
within
4 Days