

UCCOOK

Ostrich & Saucy Sun-dried Tomatoes

with pumpkin & gem squash mash

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	298kj	2064kj
Energy	71kcal	494kcal
Protein	6.1g	42g
Carbs	5.2g	36g
of which sugars	2.5g	17.2g
Fibre	1.5g	10.4g
Fat	3.3g	22.9g
of which saturated	1.6g	10.8g
Sodium	26mg	180mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
220g	440g	Gem Squash <i>rinse, halve & deseed</i>
160g	320g	Free-range Ostrich Steak
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
40ml	80ml	Crème Fraîche
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Cooking Spray

1. MMMASH Preheat the oven to 200°C. Spread the pumpkin and gem squash on a roasting tray. Lightly coat with cooking spray. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the gem squash flesh and pumpkin in a bowl, mash with a fork, season, and cover.

2. O-YUM OSTRICH Place a pan over medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray. When hot, sear the ostrich until browned, 3-4 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. SUN-DRIED TOMATO SAUCE Return the pan to medium heat. When hot, add the garlic, thyme, and sun-dried tomatoes. Lightly coat with cooking spray and fry until fragrant, 2-3 minutes (shifting constantly). Remove the pan from the heat, remove the thyme sprigs and whisk in the crème fraîche. Loosen with a splash of water. Cover with a lid and set aside.

4. FRESH SALAD In a bowl, toss together the fresh tomato, salad leaves, and the lemon juice. Season and set aside.

5. A GREAT PLATE Plate up the mash. Side with the steak, pouring the creamy sauce over the meat and mash. Side with the fresh salad. Enjoy, Chef!