



UCCOOK

Ostrich Fillet & Shoestring Fries

with onion gravy & a fresh salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	344kJ	1958kJ
Energy	82kcal	468kcal
Protein	7.4g	42.2g
Carbs	10g	58g
of which sugars	1.9g	10.7g
Fibre	1.5g	8.7g
Fat	1.3g	7.6g
of which saturated	0.5g	2.6g
Sodium	79mg	447mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Beef Stock
5ml	10ml	Cornflour
1	1	Onion <i>cut in half & thinly slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
200g	400g	Potato <i>rinse, slice into thin matchsticks & pat dry</i>
15ml	30ml	Grated Italian-style Hard Cheese
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
150g	300g	Free-range Ostrich Fillet
5ml	10ml	NOMU Roast Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. START THE GRAVY TRAIN Boil the kettle. Dilute the stock with 150ml [300ml] of boiling water. Place the cornflour in a small bowl and gradually mix in 5ml [10ml] of the diluted stock until a runny paste. Set aside. Place a pan over medium heat with a drizzle of oil or a knob of butter. When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally).

2. PICKING UP SPEED When the onion is caramelised, add the garlic to the pan and fry until fragrant, 30-60 seconds (shifting continuously). Stir in the diluted stock and the cornflour slurry. Lower the heat and reduce until slightly thickened, 6-8 minutes (stirring occasionally). Add a sweetener (to taste). Remove from the heat and season. Cover, and set aside.

3. MAKE SOME FANCY FRIES Place a clean pan over medium-high heat with enough oil to cover the base. Once hot, fry the potato matchsticks until golden and crispy, 7-10 minutes. Drain on paper towel and toss through the cheese, ½ the parsley, and season.

4. FAB FILLET 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 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

5. FRESH SIDE In a salad bowl, combine the salad leaves, the radish, a drizzle of olive oil, and season.

6. DIG IN! Serve up the fillet slices. Pour over the onion gravy. Side with the shoestring fries and the fresh salad. Garnish with the remaining parsley and there you have it!

Chef's Tip Placing the potatoes in the ice water helps to remove excess starch and prevent them from getting soggy during frying. You can soak them for up to 24 hours, the longer the better!