



UCOOK

Cheesy Ostrich & Potato Salad

with fresh parsley

On a bed of green leaves lies a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh parsley. This side sits next to tender ostrich chunks, pan-fried, basted with BBQ sauce and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jewell Willemberg

Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Cabernet Sauvignon 2021

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

Ingredients & Prep

450g	Ostrich Chunks
15ml	NOMU BBQ Rub
600g	Baby Potatoes <i>rinse & cut in half</i>
45ml	BBQ Sauce
90g	Grated Mozzarella & Cheddar Cheese
165ml	Creamy Mayo <i>(90ml Mayo & 75ml Low Fat Plain Yoghurt)</i>
8g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. OSTRICH PREP Pat the ostrich chunks dry with paper towel and cut into bite-sized pieces. Coat in oil, the NOMU rub, and seasoning. Set aside.

2. SOFT POTATO Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and place in a bowl.

3. BBQ OSTRICH When the potatoes have 5-10 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. Sear the ostrich until browned, 3-4 minutes (shifting occasionally). You may have to do this step in batches. In the final 30-60 seconds, return all the meat to the pan and baste the ostrich with the BBQ sauce. Sprinkle over the grated cheese, cover with the lid, and remove from the heat. Leave the lid on until the cheese is melted.

4. WARM POTATO SALAD To a salad bowl, add the creamy mayo. Mix through $\frac{3}{4}$ of the chopped parsley, the cooked potatoes, and seasoning.

5. DINNER IS READY Make a bed of the shredded salad leaves and top with the creamy warm potato salad. Serve alongside the BBQ cheddar ostrich. Garnish with a sprinkle of the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	666kJ
Energy	159kcal
Protein	9.1g
Carbs	12g
of which sugars	3.9g
Fibre	1.4g
Fat	8.1g
of which saturated	2.1g
Sodium	175mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
4 Days