



OSTRICH WITH BROCCOLI, KALE STALKS AND DUKKHA SPRINKLE

LUNCH/DINNER

Ostrich with broccoli, kale stalks and dukkha sprinkle

2
SERVINGS

5 MIN
PREPARATION TIME

20 MIN
COOKING TIME

INGREDIENTS

- ✓ 2 x 200 g ostrich steaks Salt and black pepper to taste
- ✓ 1 broccoli head, trimmed and sliced
- ✓ 1 kale stem, chopped (save leaves for another meal)
- ✓ 1-2 limes or lemons, juiced.

SPICE CRUST

- ✓ 80 g unsalted peanuts, coarsely chopped
- ✓ 15 ml (1 tbsp) coriander seeds
5 ml (1 tsp) cumin seeds
- ✓ 5 ml (1 tsp) fennel seeds
- ✓ 5 ml (1 tsp) dried thyme
- ✓ 5 ml (1 tsp) chilli flakes
- 2 ml (½ tsp) salt flakes

METHOD

- 01 | Season ostrich steaks with salt and pepper.
- 02 | Heat a griddle pan over high heat. Pat dry the steaks with a kitchen towel. Reduce heat to medium heat. Add steaks to the pan cooking for 3 minutes on each side or until browned and medium rare. Transfer steaks to a plate and let rest for 10 minutes.
- 03 | Add the broccoli and kale in the same hot pan over high heat. Pour 60 ml water to the pan and steam the broccoli and kale for 4 minutes. Remove pan from the heat.
- 04 | Squeeze or pour lemon juice over the broccoli and kale and season with salt and pepper.
- 05 | Toast peanuts, coriander seeds, cumin seeds and fennel seeds in a dry pan for 3 minutes or until fragrant. Transfer nut mixture to a bowl to cool down. Stir in thyme, chilli flakes and salt to the peanut mixture.
- 06 | Slice steak across the grain and place on a platter or plate. Spread broccoli and kale around the meat and drizzle juices on top.
- 07 | Sprinkle peanut spice over the meat, broccoli and kale.

A well-rounded dish that's light, flavourful, and perfect for any day of the week.



✳️ ✓ *qualifying healthier food options within the HealthyFood benefit*

