

NutritionConfidence Recipes

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Grilled ostrich fillet with Egyptian dukkah & cucumber raita

Recipe by Vanessa Marx, Head Chef at Dear Me Photo by Claire Dunn

Ingredients

2 x 150 g ostrich fillets	1/2 cup low fat plain yoghurt
80 g Egyptian dukkah	1/2 a medium cucumber
30 ml sunflower oil	10 g fresh coriander
Salt flakes	The juice of 1/2 a lemon
	Salt & pepper

Method

For the steaks

- 1 Put a griddle pan on a very high heat.
- 2 Drizzle ostrich with oil, coat in dukkah & season with salt.
- 3 Once searing hot, lay the steaks onto the griddle. Leave to grill on the first side for 2-3 min. Repeat on the other side. Remove the steaks from the grill & leave to rest for 2 min.

For the raita

- 1 Grate or cut the cucumber into small 5 mm cubes.
- 2 Chop the coriander roughly.
- 3 Mix the cucumber & coriander into the yoghurt.
- 4 Season the raita with lemon juice, salt & pepper.

To serve

- 1 Slice the steaks into 1 cm thick slices & arrange on a plate.
- 2 Add dollops of raita on the steaks & serve with a fresh seasonal salad, or side dish.

Tip Ostrich fillet is best cooked on high heat for a short period. This results in a medium rare steak, depending on thickness. For a rarer steak, cook for one minute less on each side.

♥ We love it!

Ostrich is a truly South African & healthy alternative for the braai this season! The raita bursts with flavour & is low in sugar & fat.

“ Dietitians say...

Ostrich meat is a great alternative to other 'red meat' sources. Classified as a 'white meat' due to its fat content, it's low in fat (even lower than some chicken cuts) & saturated fat; but also a good source of biologically available iron.



Serves 2