



Pan-grilled ostrich fillet

INGREDIENTS

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| 4 | Ostrich fillet (180g each) |
| 3 tbsp | Olive oil |
| Grinded | Coarse salt |
| Grinded | Black pepper |

INSTRUCTIONS

1. Rub the fillet with olive oil and season both sides with salt and pepper.
2. Heat a cast-iron skillet over a high setting.
3. When hot, add the fillet and char on one side.
4. Turn the fillet with tongs and sear the second side of the fillet.
5. Turn the heat to medium and cook for another 2 minutes per side until you have reached the desired temperature.
6. Rest meat in foil before serving.

Serve with your choice of seasonal vegetables.

SERVINGS: 4

PREPARATION TIME: 7 minutes

COOKING TIME: 8-10 minutes