



HEALTHYFOOD
STUDIO

OSTRICH FILLET WITH MUSTARD *and sage rub*

INGREDIENTS

1.5kg | Ostrich fillet
(±180g per serving)

For the rub

50g | Dijon mustard
50g | Wholegrain mustard
30g | Coconut or other sugar
20ml | White wine vinegar
20ml | Worcestershire sauce
20ml | Olive oil
4g | Fresh sage, chopped
3 | Garlic cloves, crushed

METHOD

- 01** | Preheat oven to 190°C.
- 02** | To make the rub, combine all the ingredients in a small bowl and mix well.
- 03** | Season ostrich fillet with salt and pepper and in a heated grill pan brown the fillet on all sides. Transfer to an oven tray and rest for 15 minutes.
- 04** | Rub ostrich with the mustard rub.
- 05** | Roast the fillet for approximately 20 minutes, or until cooked to your liking.
- 06** | Remove from the oven and leave to rest for 10 minutes before slicing.

 Discovery
Vitality

 W
WOOLWORTHS

COOKING

10 - 20
MIN

depending
on desired
temperature
of meat

PREP

15
MIN

SERVES

8