

OSTRICH STEAK & ROOIBOS JUS



INGREDIENTS

Serves 6

ROOIBOS JUS

2 cups	Water
50 g	Jus R/P (08265800)
1	Rooibos tea bag

SEVEN COLOURS OSTRICH STEAK

12	Ostrich fillet steaks
45 g	Seven Colours Grill Seasoning™ (04639010)

METHOD: Add the water and Jus to a saucepan and mix together. Bring up to a simmer while whisking. Add the rooibos tea bag. Simmer for ± 5 - 10 minutes or until the sauce has thickened, stirring continuously. Leave to stand for ± 30 minutes for the flavours to infuse. Heat a heavy-based grill pan over high heat until smoking hot. Brush the steaks with oil on both sides and season with Seven Colours Grill Seasoning™. Cook for 3 - 5 minutes per side or until cooked to your preference before removing from the pan to rest. Serve steak with rooibos jus.