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Ostrich Steak



Ingredients

2 ostrich fillets
1 fl oz. olive oil
salt & pepper to taste

Servings

2

Person

Preparation

- 1 Remove the fillets from the packaging and allow to rest for 5 minutes
- 2 coat the fillets generously with olive oil
- 3 seal each side of the fillet in a very hot dry pan
- 4 once the meat is sealed season it to taste and cook each side for 2-3 minutes for medium rare, 4 minutes for medium
- 5 serve with salad and a baked potato.

Cooks Note

Serves 2
