Ostrich Stroganoff

Servings: 4
Total Time: 40 mins
Cooking Time: 20 mins

INGREDIENTS

500g ostrich steak or fillet
1 Tbsp light olive oil
1 tsp barbeque spice
freshly ground black pepper
250g fresh button mushrooms
2 Tbsp butter
2 onions, peeled & thinly sliced
2 Tbsp light olive oil
250ml sour cream, or fresh cream soured with the juice from ½ lemon
1 Tbsp white onion soup powder or White Onion Soup Mix (optional)*
1 Tbsp freshly chopped parsley

LCHF B Use *White Onion Soup Mix** instead of commercial soup powder.

VARIATIONS

Use beef or chicken instead of ostrich.

METHOD

Slice the steaks across the grain into 1cm strips and rub with the olive oil, barbeque spice and a few grindings of black pepper.
Break off & shred the stalks of the mushrooms. Slice the mushroom caps.
Melt the butter in a deep frying pan over a medium-high heat and fry the onions until soft & golden. Add the mushrooms and fry until just soft. Remove the onions & mushrooms from the pan and set aside.
Turn the heat up to high and add the olive oil to the frying pan. When hot, sear the steak strips for 2-3 mins until brown.
Return the onions & mushrooms to the pan and stir-fry for another 2 mins.
Stir in the cream and bring to a boil while still stirring. For a thicker sauce, stir in the soup powder & simmer for 2 mins to absorb.
Fold in the parsley & serve.

SERVING SUGGESTIONS

Serve with tagliatelle, rice, Potato Mash or Courgette Noodles, and a salad.