



UCOOK

Chermoula Carrots & Ostrich Steak

with crispy lentils, mint & coconut yoghurt


Beautifully succulent ostrich steak accompanied by crisp lentils, roasted carrot and onion wedges doused in a chermoula dressing. Topped with minted coconut yoghurt and fresh parsley... It only gets better with each bite!


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

720g	Carrot <i>rinsed, trimmed & cut into long wedges</i>
2	Onions <i>1½ peeled & cut into wedges</i>
240g	Lentils <i>drained & rinsed</i>
2	Garlic Cloves
90ml	Coconut Yoghurt
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
30ml	Pesto Princess Chermoula Paste
30ml	Lemon Juice
150g	Cucumber <i>finely diced</i>
150g	Pickled Bell Peppers <i>drained & finely chopped</i>
480g	Free-range Ostrich Steak
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROASTED & CRISPY Preheat the oven to 200°C. Spread out the carrot and onion wedges on a roasting tray, coat in oil, and season well. Roast in the hot oven for 35-40 minutes until cooked through and crisping up. Place the drained lentils onto another roasting tray with the whole, unpeeled garlic cloves. Spread out in a single layer, coat in oil, and season.

2. CREAMY & TANGY In a small bowl, place the coconut yoghurt, chopped mint, and seasoning. Mix to combine. In a separate bowl (big enough for the carrot wedges), combine the chermoula, a drizzle of oil, the lemon juice and some salt. Mix well and set aside. In another bowl, combine the diced cucumbers and chopped pickled peppers with a drizzle of oil, and seasoning.

3. MORE CRISP Once the veg has been in for 15 minutes, pop the tray of dressed lentils and garlic into the oven and roast for the remaining cooking time.

4. JUICY OSTRICH STEAK Place a pan over a medium heat with a drizzle of oil. Pat the ostrich steaks dry with paper towel. When the pan is hot, fry the steaks for 2-3 minutes per side, until browned all over and cooked to your preference. (The time frame recommended will yield a medium-rare result.) Remove from the pan on completion and set aside. Allow to rest for 5 minutes before thinly slicing and seasoning.

5. FINAL ASSEMBLY When the veg has finished roasting, squeeze the flesh out of the roasted garlic, discarding the skin. Roughly chop the flesh and add to the chermoula dressing along with the roasted carrot and onion wedges. Toss until coated.

6. IT'S YOUR TIME TO DINE! Dish up the chermoula dressed vegetables along with the crispy lentils, and lay over the juicy ostrich slices. Side with the cucumber and pepper salad, and dollop over the minted coconut yoghurt. Garnish with the chopped parsley. Time to eat!

Nutritional Information

Per 100g

Energy	345kj
Energy	82kcal
Protein	7.1g
Carbs	10g
of which sugars	4.2g
Fibre	2.8g
Fat	1.5g
of which saturated	0.4g
Sodium	109mg

Allergens

Allium, Sulphites

Cook
within
4 Days