

UCOOK

Ostrich Kofta Mash Up

with tahini sweet potato mash, spiced aubergine & cranberry salad

Juicy ostrich koftas served alongside nutty tahini sweet potato mash. Spiced roasted aubergine chunks - soft as ever, are accompanied by a spinach & cranberry salad, crispy chickpeas, creamy feta, and fresh mint.

Hands-On Time: 25 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Alex Levett

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

750g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
30ml	NOMU Oriental Rub
180g	Chickpeas <i>drained</i>
750g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
450g	Free-range Ostrich Mince
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
75ml	Tahini
45ml	Lemon Juice
60g	Green Leaves <i>rinsed</i>
30g	Dried Cranberries <i>roughly chopped</i>
120g	Danish-style Feta <i>drained & crumbled</i>
8g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)

1. ROAST AUBERGINE & CHICKPEAS Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil and the Oriental rub, and season. Roast in the hot oven for 30-35 minutes until softened. Place the drained chickpeas on a separate roasting tray. Coat in oil and some seasoning.

2. SWEET POTATO MASH Place a pot of cold salted water over a high heat. Add the sweet potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain on completion and return to the pot.

3. ROLL THOSE KOFTAS & MAKE DRESSING Place the ostrich mince in a bowl with the spring onion whites. Mix until well combined and season. Roll into 9 koftas. Loosen ½ the tahini with the lemon juice. Add water in 5ml increments until drizzling consistency. Season with salt, pepper, and a sweetener of choice.

4. FRY THE KOFTAS When the aubergine has 15 minutes remaining, give them a shift and add the tray of chickpeas to the oven. Roast for the remaining time until crispy and caramel in colour. Place a pan over a medium-high heat. When hot, fry the koftas for 3-4 minutes in total until browned but not cooked through, shifting as they colour. Place onto a lightly greased baking tray. Bake in the hot oven for 4-5 minutes until cooked through.

5. MASH & SALAD Add the remaining tahini to the pot with the drained sweet potato. Add a splash of milk or water, a knob of butter or coconut oil, and some seasoning. Mash with a potato masher or fork until smooth. In a salad bowl, add the rinsed green leaves, a drizzle of olive oil, the chopped cranberries, and ½ of the roasted chickpeas.

6. PLATE Plate up a mound of the tahini sweet potato mash, top with the ostrich koftas and drizzle over the tahini lemon dressing. Side with the spiced aubergine chunks and the spinach cranberry salad. Garnish the whole dish with the remaining crispy chickpeas, crumbled feta, spring onion greens, and mint leaves. Well done, Chef!



Chef's Tip

Tahini is a great source of phosphorus and manganese, both of which play vital roles in bone health. It's also high in thiamine (vitamin B1) and vitamin B6, which are important for energy production.

Nutritional Information

Per 100g

Energy	482kj
Energy	115Kcal
Protein	6.5g
Carbs	11g
of which sugars	3.5g
Fibre	2.8g
Fat	4.7g
of which saturated	1.5g
Sodium	139mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within
4 Days