



UCOOK

Rustic Carrot Mash & Ostrich

with smashed, minty peas & Danish-style feta

An ostrich strip and mash recipe that will not disappoint! Carrots are oven roasted and transformed into a delicious rustic mash. Sided with perfectly tender ostrich strips and minty smashed peas & feta. Garnished with a sprinkle of fresh mint.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
5g	Almonds
50g	Peas
25g	Danish-style Feta <i>drain & crumble</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Green Leaves <i>rinse</i>
150g	Free-range Ostrich Strips
10ml	NOMU Roast Rub

From Your Kitchen

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

1. RUSTIC MASH Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). When the carrot is done, place in a bowl and add a splash of milk (optional) and a knob of butter (optional). Mash with a potato masher or fork, season, and cover.

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MINTY PEA SALAD Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Add the crumbled feta, $\frac{3}{4}$ of the chopped mint, the rinsed leaves, the toasted nuts, a drizzle of olive oil, and seasoning.

4. ON TO THE OSTRICH Return the pan to medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, fry the ostrich until browned, 1-2 minutes (shifting occasionally). Remove from the pan and season. In the final minute, baste with a knob of butter and the NOMU rub.

5. DINNER IS READY Plate up the rustic carrot mash. Side with the minty pea salad and the ostrich strips. Garnish with the remaining mint. Well done, Chef!



Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the carrot is done, complete the rest of Step 1.

Nutritional Information

Per 100g

Energy	457kJ
Energy	109kcal
Protein	8.4g
Carbs	8g
of which sugars	3g
Fibre	2.9g
Fat	4.9g
of which saturated	1.7g
Sodium	183mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
4 Days