



# UCOOK

## Ostrich & Rustic Carrot Mash

with smashed, minty peas & Danish-style feta

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

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

480g	Carrot <i>trimmed, peeled &amp; cut into bite-sized pieces</i>
100g	Peas
50g	Danish-style Feta <i>drained &amp; crumbled</i>
5g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
320g	Ostrich Steak
15ml	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, 25-30 minutes (shifting halfway). When the carrot is done, place in a bowl and mash with a potato masher or fork until a rustic mash. Add a splash of milk (optional) and a knob of butter (optional).

**2. MINTY PEAS** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Add the crumbled feta and  $\frac{3}{4}$  of the chopped mint. Smash with a fork or potato masher until chunky.

**3. ON TO THE OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. DINNER IS READY** Plate up the rustic carrot mash, side with the smashed peas, and the ostrich slices. Garnish with a sprinkle of 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	363kj
Energy	87kcal
Protein	9.1g
Carbs	7g
of which sugars	3.4g
Fibre	2.2g
Fat	2.6g
of which saturated	1.2g
Sodium	156mg

## Allergens

Dairy, Allium

Cook  
within 5  
Days