



UCCOOK

Harissa Honey Carrots & Ostrich

with whipped feta

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	417kJ	2995kJ
Energy	100kcal	717kcal
Protein	7g	49.9g
Carbs	10g	69g
of which sugars	6.4g	45.7g
Fibre	1.5g	11g
Fat	3.6g	26g
of which saturated	1.6g	11.2g
Sodium	191mg	1373mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
90ml	125ml	Pesto Princess Harissa Paste
60ml	80ml	Honey
150g	200g	Danish-style Feta <i>drain & crumble</i>
125ml	160ml	Low Fat Plain Yoghurt
480g	640g	Free-range Ostrich Steak
15ml	20ml	NOMU Moroccan Rub
1	1	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Paper Towel
Butter
Seasoning (salt & pepper)
Milk

1. HARISSA VEG Preheat the oven to 200°C. Spread the carrot and the onion onto a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). In the final 8-10 minutes, add the harissa paste and the honey. Roast for the remaining time.

2. WHIPPED FETA In a small bowl, combine the feta and the yoghurt. Mash with a fork until combined. Add milk in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth.

3. BUTTER-BASTED 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. MMMOROCCAN MEAL! Smear the whipped feta and top with the harissa veg. Side with the sliced ostrich and garnish with the parsley. Well done, Chef!