

# UCCOOK

## Ostrich Strips & Smoky Aioli

with roasted bell peppers & chickpeas

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Chris Dugmore

**Wine Pairing:** Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	387kJ	3415kJ
Energy	93kcal	817kcal
Protein	5g	44.1g
Carbs	9g	81g
of which sugars	4.5g	39.4g
Fibre	2g	18g
Fat	3.9g	34.3g
of which saturated	0.7g	6.1g
Sodium	75mg	662mg

**Allergens:** Sulphites, Cow's Milk, Soya, Allium

**Spice Level:** Mild

Eat Within 4 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
150g	200g	Kale <i>rinse &amp; roughly shred</i>
2	2	Garlic Cloves
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain &amp; rinse</i>
450g	600g	Free-range Ostrich Strips
90ml	125ml	Mrs Balls Chutney
150ml	200ml	Hellmann's Tangy Mayonnaise
15ml	20ml	Smoked Paprika

## From Your Kitchen

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

**1. ROAST CARROT & ONION** Preheat the oven to 200°C. Spread the carrot, the onion, and the whole, unpeeled garlic cloves on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. PREP STEP** Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Add the pepper and the chickpeas. Toss through and season. Set aside.

**3. ADD SOME EXTRA COLOUR** When the roast has been in for 10 minutes, scatter the kale, chickpeas, and pepper over the carrot and onion wedges. Return to the oven for the remaining time until charred but still crunchy.

**4. CHUTNEY OSTRICH** Place a pan over medium-high heat with a drizzle of oil. Pat the ostrich strips dry with paper towel. When hot, sear the meat until browned, 30-60 seconds (shifting occasionally). In the final 30 seconds, baste with a knob of butter and the chutney. Remove from the pan, reserving any pan juices, and season.

**5. SMOKY MAYO** In a small bowl, combine the mayo with the smoked paprika. Squeeze the garlic (to taste) out of its skin, roughly chop and add to the mayo. Add a splash of water until drizzling consistency, and seasoning. Set aside.

**6. SIMPLE, YET SO TASTY** Plate up the roasted veg, top with the chutney ostrich, and drizzle over the paprika mayo.