



UCCOOK

Harissa Ostrich Fillet

with a warm vegetable salad & minty cottage cheese

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Tiisetso Maema

Nutritional Info

	Per 100g	Per Portion
Energy	326kJ	1965kJ
Energy	78kcal	470kcal
Protein	7.1g	42.6g
Carbs	7g	43g
of which sugars	2g	12g
Fibre	2g	10g
Fat	1.9g	11.6g
of which saturated	0.5g	3.2g
Sodium	117.6mg	708.8mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
15ml	20ml	NOMU Moroccan Rub
22.5ml	30ml	Dried Chilli Flakes
90g	120g	Artichoke Quarters <i>drain</i>
90ml	120ml	Low Fat Cottage Cheese
8g	10g	Fresh Mint <i>rinse, pick & finely chop</i>
30ml	40ml	Lemon Juice
240g	320g	Baby Tomatoes <i>rinse</i>
60g	80g	Green Leaves <i>rinse</i>
450g	600g	Free-range Ostrich Fillet
30ml	40ml	Pesto Princess Harissa Paste
30g	40g	Crispy Onion Bits

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Paper Towel
Water

1. VEGGIE ROAST Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional), NOMU rub, chilli flakes and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). When the butternut has 8 minutes remaining, add the artichoke and return to the oven to roast for the remaining time. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MINTY COTTAGE CHEESE In a bowl combine the cottage cheese, mint, and ½ the lemon juice. Mix until everything is combined, and loosen with a splash of water if necessary. Season well and set aside in the fridge.

3. INTO THE PAN Place a pan over medium heat. When hot, add the baby tomatoes and lightly coat with cooking spray or oil (optional). Fry until blistered, 5-6 minutes. Season, remove from the pan and set aside.

4. SIMPLE SALAD In a bowl combine the green leaves with the remaining lemon juice, and a drizzle of olive oil (optional). Season and set aside.

5. O-YUM OSTRICH Return the pan to medium heat. Pat the ostrich dry with paper towel and lightly coat with cooking spray or oil (optional). Rub the harissa paste on the ostrich, ensuring that it is fully coated. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

6. SET THE TABLE Plate up the green leaves, top with the roasted veggies and blistered tomatoes. Dollop the minty cottage cheese over the vegetables, and sprinkle over the crispy onion bits. Place the sliced ostrich alongside the warm vegetable salad. Dinner is ready. Enjoy, Chef!