



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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Simple & Save

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
10g	Almonds
100g	Peas
50g	Danish-style Feta <i>drain &amp; crumble</i>
5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
40g	Green Leaves <i>rinse</i>
300g	Free-range Ostrich Strips
20ml	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