



# UCOOK

## Harissa Honey Carrots & Ostrich

with whipped feta

Harissa paste and honey go hand-in-hand - just like you and UCOOK, Chef! A medley of onion & carrot wedges are infused with honey and Pesto Princess Harissa Paste, then roasted until golden perfection. Served with NOMU Moroccan Rub-spiced ostrich, a homemade whipped feta and fresh mint.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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Carb Conscious

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Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

|       |                                                          |
|-------|----------------------------------------------------------|
| 960g  | Carrot<br><i>rinse, trim, peel &amp; cut into wedges</i> |
| 2     | Onions<br><i>peel &amp; cut into wedges</i>              |
| 125ml | Pesto Princess Harissa Paste                             |
| 80ml  | Honey                                                    |
| 200g  | Danish-style Feta<br><i>drain &amp; crumble</i>          |
| 160ml | Low Fat Plain Yoghurt                                    |
| 600g  | Free-range Ostrich Fillet                                |
| 20ml  | NOMU Moroccan Rub                                        |
| 10g   | Fresh Mint<br><i>rinse &amp; pick</i>                    |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Blender  
Paper Towel  
Butter

**1. HARISSA VEG** Preheat the oven to 200°C. Spread the carrot wedges, and the onion wedges onto a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 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 crumbled 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 picked mint. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges, and the onion wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 8-10 minutes, add the harissa paste, and the honey. Roast for the remaining time.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 416kJ   |
| Energy             | 100kcal |
| Protein            | 6.8g    |
| Carbs              | 10g     |
| of which sugars    | 6.4g    |
| Fibre              | 1.5g    |
| Fat                | 3.6g    |
| of which saturated | 1.6g    |
| Sodium             | 193mg   |

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
4 Days