



UCOOK

Ostrich & Rustic Carrot Mash

with smashed, minty peas & Danish-style feta

A steak and mash recipe that will not disappoint! Carrots are oven roasted and transformed into a delicious rustic mash. Sided with perfectly tender ostrich steak slices and minty smashed peas & feta. Garnished with a sprinkle of fresh mint.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

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 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

720g	Carrot <i>trimmed, peeled & cut into bite-sized pieces</i>
150g	Peas
75g	Danish-style Feta <i>drained & crumbled</i>
8g	Fresh Mint <i>rinsed, picked & finely chopped</i>
480g	Ostrich Steak
22,5ml	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, 30-35 minutes (shifting halfway). When the carrot is done, place in a bowl and mash with a potato masher or fork until a rustic mash. Add a splash of milk (optional) and a knob of butter (optional).

2. MINTY PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a bowl. Add the crumbled feta and $\frac{3}{4}$ of the chopped mint. Smash with a fork or potato masher until chunky.

3. ON TO THE 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. DINNER IS READY Plate up the rustic carrot mash, side with the smashed peas, and the ostrich slices. Garnish with a sprinkle of 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	363kj
Energy	87kcal
Protein	9.1g
Carbs	7g
of which sugars	3.4g
Fibre	2.2g
Fat	2.6g
of which saturated	1.2g
Sodium	156mg

Allergens

Dairy, Allium

Cook
within 5
Days