

QCOOK

Ostrich & Pea Purée

with roasted carrot & almonds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info

	Per 100g	Per Portion
Energy	543kj	3331kj
Energy	130kcal	797kcal
Protein	9.6g	58.6g
Carbs	7.6g	46.8g
of which sugars	3.4g	20.9g
Fibre	2.5g	15.1g
Fat	6.8g	41.9g
of which saturated	2.9g	17.9g
Sodium	129mg	788mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10ml	20ml	NOMU Italian Rub
15g	30g	Almonds
160g	320g	Free-range Ostrich Steak
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Mint & 3g [5g] Fresh Parsley)</i>
1	1	Garlic Clove <i>peel & grate</i>
80g	160g	Peas
50ml	100ml	Fresh Cream
10ml	20ml	Lemon Juice
40g	80g	Italian-style Hard Cheese <i>peel into shavings</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Butter

Blender (optional)

1. BRIGHT CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. TOASTED ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SUCCULENT STEAK When the roast has 5-10 minutes to go, return the pan to medium-high heat with a drizzle of oil. 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. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. PEA PUREE Rinse and roughly chop the mixed herbs. Place a small pot over medium heat with a knob of butter, a drizzle of oil, and garlic. Fry the garlic until fragrant, 30-60 seconds. Add the peas and the cream, and simmer until slightly reduced and the peas are warmed through, 2-4 minutes. Remove from the heat and place the pea mixture in a blender with the lemon juice (to taste), ½ the mixed herbs, and seasoning. Pulse until a smooth purée. (Alternatively, if you don't own a blender, make a rustic pea purée. After frying the garlic and adding the peas and the cream, simply mash the peas with a potato masher or a fork and mix until combined.) Add water in 10ml increments if it's too thick for your liking.

5. DINNER TIME Smear the pea purée on a plate, side with the roasted carrot and scatter the cheese shavings over the carrot. Serve alongside the steak slices, sprinkle over the nuts, and garnish with a sprinkle of the remaining mixed herbs. Cheers, Chef!

Chef's Tip For a restaurant-level smooth purée, after blending, pass through a fine sieve for an ultra-silky finish.